

Grass Roots

Craft and self-sufficiency

For down to earth people

\$2.95

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Make a Doona

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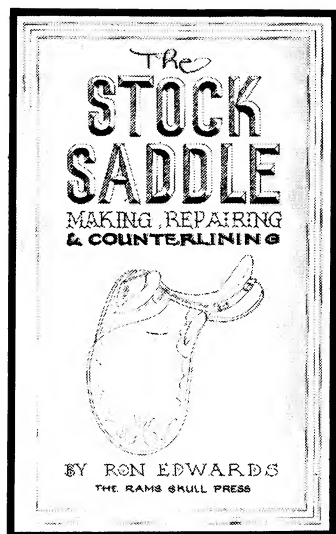
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SURVIVING IN THE EIGHTIES

Surviving in the Eighties

Michael Boddy and Richard Beckett
Illustrated by Janet Dawson Boddy



By Michael Boddy and Richard Beckett

If you're living in the city and would like your garden, however tiny, to give you fresh and inexpensive fruit and vegetables, or if you're moving to the country and would like to run a small productive farm, 'Surviving in the Eighties' is indispensable.

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Front Cover: Maxine and Meg put the last mudbricks on the grain shed wall. Building is no longer an all-male domain, and we have two articles – pages 27 and 44 – with hints and ideas for demystifying this craft.

Back Cover: The aristocratic peacock is undoubtedly the most beautiful bird to keep around the farmyard but he can also be noisy and destructive. Several readers share their experiences on pages 22-24.
Photo: Northside Productions.

Feedback Link-Up Feedback

Dear Friends,

I first read *Grass Roots* when I was newly widowed – over 60, distraught and bitter. The letters were read and re-read. I waited eagerly for the next edition. Spinning became a new hobby. Many hours were spent alone at night spinning, weeping and thinking. Peace came with time. Cotton seeds left from spinning interested me. Why not grow them? What, so close to the sea in a high rainfall area? Why not? I had nothing to lose. We too are experiencing drought! Kikuyu, thick and matted had taken over the garden. I had mowed it. I cut the sods and shook the dirt free, then dug it. Back-breaking, soul-cleansing work for a granny like me. The cotton is in beautiful flower now, half opened trumpets of colour – cream pink and mauve. Some four feet tall. It will give me pleasure to spin my own thread. I lived the spartan life of the alternate lifestyles during my early married days. I admire those who want it.

Janet Lackey
4 Mill Street
LAURISTON 2443.

Dear Readers,

Australian/Norwegian couple with child (30,27, 6 months), recently arrived in Australia, seek communal living situation. We have the possibility of renting a large house in southern Melbourne and wish to make contact with couples or singles with children who are willing to share the fun and responsibility of living together. We try to be flexible in our dealing with other people and expect the same in return, but we are totally opposed to dope. If there are any gentle beings who might be interested please make contact so that we can get together and discuss things.

Ingunn Akselberg & Roger Murray
113 Male Street
BRIGHTON 3186.
Ph: 03-592-0472.

Dear People,

At the moment I am weaving a coat out of homespun Samoyed dog



Edited by Meg and David Miller.

Published by Night Owl Publishers Pty. Ltd., Box 900,
SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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SHEPPARTON, 3630.

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MULGRAVE, 3170.

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'down'. It's not hair or wool or fur, but down. Camel and Cashmere goats are two other animals which have this super-fine down. Would readers have any information on how to get the guard hair out of the cashmere fleece a friend has given me?

It was extremely kind of you to put in the paragraph about our holiday complex (GR No. 33, p. 37) but I am afraid several unfortunate circumstances may make it difficult for people to reach us. Firstly, the camp phone number has been changed – it is now the same as ours which is 051-576-315. Secondly, the tiny post office (Fern Bank) which serviced our mail has been closed down and now all our mail comes from Stratford, a town 30 miles away. Glenaladale is not a town or even a village – it is only an area north of Bairnsdale. I thought I'd let you know in case you heard from folk who have been unable to contact us.

Joy Lehmann
RSD 2230
STRATFORD 3862.
Ph: 051-576-315.

Dear Readers,

We would like to contact other readers with the view of forming a friendship and, whatever through meeting people or correspondence. We own 24 acres of land with a lovely creek just outside Lismore NSW. Our aim is to be self-sufficient but we need some help. Since being introduced to *Grass Roots* we have discovered much worthwhile information. We would love to hear from anyone wishing to correspond with us in or out of our area.



Don and Family,
PO Box 868
LISMORE 2480.

Dear Readers,

I am living in the Obi Valley renting a house with my sister Pam and husband Andrew and baby Celeste. I find it difficult for transport reasons to meet people so I'd like to write to and perhaps meet some GR people. I am 22 and my interests include guitar, bushwalking, travel and having a go at anything. I spent 16 months travelling from Qld to Tassie in 81/82. We met up with 'Beachwalk', did fruit picking and had a great time. I would like to return to Tassie and see more when funds permit. Hope to hear from anyone, anywhere, with similar interests.

Judy Little
C/- Post Office
KENILWORTH 4574.

Dear GR Readers,

I am writing to tell you about cheap houses and land in SA in the Peterborough area. We are unemployed and have just started paying off a house on a half acre, and all we are paying is \$2,000 for the house and land. The real estate agent has a lot more houses on his books on large blocks for around \$4,000 to \$8,000. The houses are a bit run down but with a little work they can be done up. If you are unemployed he is really helpful as he arranged vendor finance for us and a couple of friends of mine. Well if anyone is interested and wants to come up and have a look at some of the houses, we have a bungalow where anyone could stay a couple of nights. The real estate agent's name is Arch Angel, 243 Main Street, Peterborough 5422, phone 086-512-606. Also, if anyone would like a penfriend feel free to write. I am married with three young children. Also I am looking to buy a Saanen milking goat around Adelaide.

Allison Erskine
89 Bridges Street
PETERBOROUGH 5422.

Dear Grass Roots,

I am a lonely man of 29. I love writing letters but I have no-one to write to. I am looking for a woman about the same age. I love gardening. I don't drink but I do smoke. I have two brothers who both drive trucks.

Jeff Rowe
C/- Post Office
LONG GULLY 3536.

Feedback Link-Up Feedback

Dear Grass Roots Family,

I've been looking for years for the recipe-cum-starter or whatever for potato yeast. I can remember Mum having a cupful on the window sill when I was a child. To renew it (as she used it) she just topped it up with potato water from boiled potatoes. Can anyone help? Also how do you then substitute it in recipes which use dried or compressed yeast? In fact, has anyone any recipes at all for it? I have a book which mentions 'sourdough', but it's not the same thing.

If anyone is interested in our Post Office/general store – it's on the market – drop me a line or give me a tinkle. If anyone in range would like a crack at selling their home-made products, pop out and bring them (we don't leave here much as this is a seven-day commitment – but ring first) and I will gladly try and sell the things for you. Can't promise success but it might be another avenue.

Maureen & Mark Malone
Post Office
BARYULGIL 2460.
Ph: 066-472-130.

Dear Grass Roots Family,

It is great when the magazine arrives to read Link-up letters – it is like visiting a large extended family and sharing news. We are now back in our own home following retrenchment. Very busy getting our garden back in order. The magnificent gardens around the Blue Mountains have really inspired us and we are buying many native plants to make our front garden more beautiful and hopefully to attract the birds. We have decided to accept the challenge to create as much a 'grass roots' home as possible on our suburban-type block.

For Katherine Allen – I don't know if this method will preserve the perfume, but you can dry almost any flower or foliage, preserving much of the colour also, by using clean fine white sand. You simply half fill a container that will accomodate the height of the flower, with the sand. Place item to be dried upright in sand and carefully fill the flower with sand between all petals and gradually fill the container until flower is completely covered with about an inch layer of sand over the top of it. The time required to completely dry the flower depends on the moisture content of individual varieties – it is a matter of trial and error.

Margaret Ennis, thank you for your thoughtful comments on rearing children in the simple life. My main concern is the immense pressure put on young people from the influences of violence and materialistic attitude of many of those in positions of authority, and their own peer group. Each of our children is a separate individual and one of them in particular is very easily negatively influenced by those whom he meets at school and in his sporting activities. We try to direct their pathways but each has the right to accept or reject our values as they reach maturity.

F. Stevens – if you don't have strong views re using animal products, I have tried adding a *teaspoon* of gelatin (perhaps agar-agar might work?) to each litre of cow's skim milk yoghurt and it creates a beautiful firm texture. It would probably do the same with goat's milk.

Ann Bailey – do you add oil to your bread dough. I find it creates a softer, moister product that keeps better.

Jane Gaffney – by the time our lucky number 6 baby was born I had discarded all the textbooks on baby care and used my positive maternal instincts to allow her to grow at her own pace. She slept with us as a baby, breast feeding when she wanted to, for eight months, and continued in our bed until she was four. Now, just turned six, she has gone from a little bed in our room to her own bed in with her sisters. She has made each transition thus far in her life, in her own time, at her own pace, and is a happy, contented little girl, bright at school and socially well-adjusted. If I have any regrets over mothering, it is that the older children were much more strongly disciplined and regimented and they, and I, missed much joy in their babyhood.

Cecily Oord – my builder-husband, Geoff, suggests, providing all paint is removed, that you paint Bondcrete or similar onto walls and then apply your mud. The Bondcrete stays tacky for a couple of days. You could also add some Bondcrete to your mud mixture.

As I like to use ice water when making pastry, I recently grabbed a jug of whey, with the idea also of adding all those lovely B vitamins to the mixture, but wonderful! It produces wholemeal pastry that handles beautifully, not sticky, and cuts and rolls perfectly.

Any GR folk who would like to drop in and share ideas, you are always welcome. I have around 100 herbs in the garden and am happy to give cuttings if possible.

Jackie Springett
24 Kosclusko Street
TRARALGON 3844.

Dear Grass Roots Readers,

We will be moving to Victoria in the next few months depending on the sale of our house here. We would like to rent an old house in a country town within about a 20-mile radius of Ballarat – an old farmhouse would be nice but anything would be appreciated. We are a couple with no children, one dog, two cats and a galah, so we need a place where we can take our animals. We would care for everything as if it were our own. All letters will be answered and please give phone number if you have one. We would also like to make friends in that area if any GR readers would care to write.

Wendy Churchill
11 George Street,
PENNINGTON 5013.

Dear Grass Roots,

We are a young couple with a baby girl, living in a secluded bush area with fresh water, river and creeks. We would like to hear from people in similar surroundings anywhere in Australia who are willing to share their feelings about the community in which they live. All letters will be answered. In GR No. 34 someone wrote in saying that vitamin B12 was to be found only in products of animal origin. It is also found in the kernels of apricots and their oil. A good cure for nappy rash – and also a simple moisturiser – is apricot kernel oil sun-infused with some marigold petals.

Penny & Russell
C/- Post Office
BELLINGEN 2454.

Dear People,

I would like some advice on growing fruit trees, citrus and stone fruits. I have tried DAC pots but am still having trouble with some fruit fly. I would appreciate help particularly with peaches, apricots and nectarines.

Vivian Ziviani
181 Banksia Road
GREENACRE 2190.

Dear Readers,

Could anyone please send me information on how to go about applying for a government land grant in Queensland. We would like to know the procedure, how much money is needed and any useful details.

Congratulations Meg and David on producing such an excellent magazine – you are an inspiration to us all!

Shelley Davis
24 Charlotte Street
PADDINGTON 4064.



Dear Grass Roots,

I would be very interested in communicating with somebody who has had experience with kiln construction with a particular reference to home-made fireclay bricks.

Ian McAuley
Flat9/20 Park Avenue
RICHMOND 3121.

Feedback Link-Up Feedback

Dear Grass Roots Folk,

I am shocked to read D.F. Murray's story (GR 34) and the trouble he has had. The truth of the matter is that the generator he bought is only a stand-by type and not a unit for every-day use over a long period. The vendor who said that it will do the job does not understand what was required. Any gene which runs at 3000 r.p.m. is not designed as an everyday power supply over a long period. Petrol engines, if properly maintained, will give approx. 1000 hours before a major rebuild, but slow revving diesels (1500 r.p.m.) will not require rebuilding under 6000 hours. Diesel generators of the 1500 r.p.m. type are directly coupled to the motor, but if you want to run a petrol it is better to run a separate generator and motor and drive by a belt as some of the Honda units do. If any GR folk have any problems with petrol or diesel motors or generators I would be happy to offer advice as I am a GR person in business for many years dealing with these problems.

Ray Thomsen
30 High Street
WEDDERBURN 3518.

Dear Readers,

I am unemployed and have been for some time. I am currently making hand-made wooden clocks and wall plates. I wonder if there is anyone interested in them or perhaps a shop which will buy them on a cash basis. If you are interested write to me and I will try to send photos of my items.



Phil Frelmuth
97 Coreen Street
WYNNUM 4178.

To Alternative People,

I am a nineteen-year old Pisces stuck in Sydney for three more years of a Diploma in Horticulture. I am interested in organic growing, herbs, crafts, art, animals, travelling and simple healthy living. I work at a native nursey so if I can be of any help with native plants I'd be delighted. I have cut myself off from all previous social life and ties so that I can develop myself and my interests away from smokes, drink, drugs and deadheads. I wish to make contact with others who feel this way. Does anyone in Sydney have similar interests? Please drop me a line. Anyone that wants to write from anywhere I'd love to hear your views and experiences on alternative living and life.

Madeleine Schofield
5 Bass Place
ST IVES 2075.

Dear Meg,

I wonder if any embroiderers in *Grass Roots* would be interested in an embroidery exchange? The idea came from thinking of people in isolated areas who embroider, applique or patchwork, who would find pleasure in receiving a parcel from the other side of Australia or overseas containing a sample of their embroidery – like a personal link-up over the miles. Then I thought how lovely it would be if two or three times a year people could exchange embroidery perhaps representing some aspect of their life or interests. It would obviously not need to be an elaborate drawn threadwork tablecloth (unless of course one feels desperately motivated to do so). For an example, one may like to collect certain sized squares for a friendship quilt. The squares may be embroidered, appliqued, patched or whatever and made into a bedspread or a wall hanging eventually. If anyone is interested please contact me as soon as possible as I'd like to have it in operation fairly quickly. And don't let anyone who would like to join in stop themselves because their work isn't good enough. That's not the point. If anything is done with love then it becomes priceless.

Ffrances Ingram
35 Denman Avenue
GLEN IRIS 3146.
Ph: 03-292-096.

Dear Grass Roots,

With reference to GR No. 34, December 1982, Anne Mason asks for information on the use of seaweed as a food. I have a book called *Australian Early Settlers' Household Lore* put out by the Sovereign Hill goldmining township near Ballarat, Victoria. The section on jellies may be of interest to Anne as there is a short article on how to make agar-agar jelly from seaweed. This can be used instead of gelatine to make all sorts of sweet and savoury health-giving jellies. I will quote from p. 173 of the book:

After heavy winter storms, great banks of seaweed are usually left heaped along the beaches. This provides an opportunity for anyone living along the coast of Victoria to secure a supply of *Gracilaria lichenoides*, the seaweed from which the valuable agar-agar jelly can be prepared.

The botanical description of this marine plant is: Fronds growing in tufts from a basal stem. These fronds are round in section, still and tapering to points. The cysts containing the spores from which new plants grow are thickly clustered on the branchlets. The plants are usually between 15 in and 2 ft in length. A further aid in identification is the light purple colour of the plant and the way in which the fronds resemble thin rods of raw gristle. The plants should be washed in fresh water, dried thoroughly and stored in calico bags, hung in a warm, dry place. To use it, a handful of the dried plant is soaked in water until it swells to its original size, then it is boiled . . . The really remarkable thing is the small quantity of the soaked seaweed required. One part of the plant, boiled in one hundred times the volume of water will set into a firm jelly when cold.

Unfortunately in Central Queensland the beaches near us have virtually no seaweed washed up that I have observed so I've never tried the above recipe. If anyone is interested in getting hold of the book it is published by Raphael Arts Pty Ltd, 257 West Beach Road, Richmond 5033. Cost of the paperback is around \$8.50.

Brian Sweeney at Emu Park (GR34) – we also have a problem with ants carting off our planted seeds, corn and sunflower kernels in particular. I wonder whether rolling the seeds in Derris Dust prior to planting would work. Anyone have any ideas?

Diana Sundstrom
PO Box 25
CALLIOPE 4680.

Dear GR Folk,

Regarding Barry Mannall's query in the December issue about some form of tick control. On our rainforest block we had about 30 free-range bantams which seemed to keep the tick population down quite considerably as well as providing eggs (when you can find them).

John and Mary Devereux
PO Box 146
KURANDA 4872.

Dear Folk,

Once I had a dream about building a house, working toward a degree of self-sufficiency and having someone to share it all. I still have the dream, I now have the house and two small children, but the person to share it all is missing so we're looking for a lodger. Someone intelligent, practical, capable, friendly, preferably Christian, but absolutely not fanatical. Someone who enjoys children and is willing to share in running the house and establishing a vegie garden, etc. on a 54 acre property, 40 minutes from Canberra. We would prefer a male to complement our female skills but gender isn't our prime concern. You would have your own room in a 4-year-old timber house and could join in our family life to whatever extent suited you. Rent somewhat negotiable.

Eileen Davies
Tai Harendrinar
RMB 59 Burra Road
VIA QUEANBEYAN 2620.

Feedback Link-Up Feedback

Dear GR Friends,

The other day I came across an easy lemonade recipe. It's really beaut and I thought you may like to try it.

3 lemons unpeeled
3 level tablespoons sugar
5 cups boiling water
A sprig of mint

Wipe lemons, dice, and cut into a plate so juice does not escape. Place lemons and juice in basin, and add the sugar. Pour on the boiling water and leave stand, covered, for 15-30 minutes – no longer as it becomes bitter. Strain into jug containing mint and ice. Add one or two slices of lemon if liked. Allow to stand one hour before serving.

**Mavis Law
'New Gular'
GULARGAMBONE 2828.**

Dear GR Gardeners,

We have been really struggling to grow vegetables for three seasons now, and at last have found the answer which lies in the pH of the soil. I can't recall having read anything on the subject in GR, and thought maybe there are more of you out there somewhere, who will also shout 'Eureka'.

Here's our brief history. After much searching we bought a half acre which we figured would be sufficient for our needs (vegies, fruit and poultry). It was only a 10-minutes walk from both primary and high schools, and affordable. We knew the soil wasn't magnificent because of all the ti-trees and tussocky grass, but being firm believers in compost we were not deterred. The sub-soil is clay – the top soil looks like grey, hard-packed talcum powder. The first growing season, due to lack of compost, we used chemical fertilisers and a little lime and planted our first experimental garden, with disastrous results.

Meanwhile we were making compost. The open-bin method was invaded by local dogs so we used a plastic rubbish bin on bricks with air holes in the bottom and lid firmly clamped on. However this was invaded by hoards of seething worm things which noisily 'click-clicked' their way through our valuable compost. We assume they must have been cut worms because we decided to bury the lot and not long after planted some paw paws. Maybe we were silly to plant on it so soon, but it was getting late for planting and we wanted to establish the trees. They died. We pulled them up and their roots were missing. Method III with the compost was to bury it daily. The second year we prepared the soil with compost and manure, but the results were even worse. You may be thinking we were totally inadequate and inexperienced gardeners, but I have always grown vegies wherever around the world I happened to be and had grown up with a thriving garden in the backyard. Nothing like this had happened before. It was heartbreaking, and if I hadn't been so busy with baby number three, I would have gone completely around the bend. We even bought 'good black top soil' which turned out to be no better, and had its share of broken glass and new types of weeds.

This year we are using a 'ring garden' which is a great improvement – but more of that later. Here is the 'Eureka' part. Recently our local paper printed an article by a local nurseryman on soil acidity. He was selling pH testing kits which included a list of common crops, vegies and flowers and their recommended pH ranges. This list does not deal with tropical fruits. Maybe someone could compile a comprehensive list. For those who do not know, pH 7.0 is natural; readings below that are acid, and above it is alkaline. Most vegies prefer soil which is 6.0-7.0. Acid soil probably has all the nutrients necessary, but they are locked-in and unavailable. Can anyone please explain this in a chemical equation or two, so I can understand it a little better? Fertilising (chemical, I think they mean) can make the situation even worse. On testing we discovered our soil to be pH 4.0 and 3.5 in places. The ring garden is now 4.5. We need vast quantities of lime!! The amount needed varies with basic soil type as well as the degree of acidity or alkalinity ('flowers of sulphur' needed for alkalinity).

Now about the ring garden. I came across the idea in *Australian*

Family Circle, Sept. 7, 1979. It is an American idea especially devised for small backyards. It consists of a central compost pile, 3 ft in diameter, held in by 5 ft stakes set 2 ft apart, and wire netting around the outside. Vegies are growing in three rings around this, with those needing the most nutrients closest to the centre (total diameter no more than 10 ft). An opening facing south is needed for access to the compost. Peas and other vines grow up the netting. Watering should be done by soaking the compost once a week until the water and soluble compost has oozed across the garden. We found, however, that with our climate and soil we needed to water more often to stop the ground from drying out. At the end of the season the pile is dug into the whole area and a new pile begun. This method has certainly proved itself as the pH has been raised from 4.0 to 4.5 in just six months, and many plants are definitely larger and healthier. Our broad beans are the best example of this. We didn't plant them around the circle, but diagonally from the centre to define the opening. The plants closest to the centre are 5 ft and still growing, whereas those from half-way out suddenly drop in size and are yellower. We use only garden waste and chook manure for this compost pile, because of marauding dogs. Kitchen scraps are still dug in, and transferred elsewhere whenever it's needed. Our fruit trees and vines have been planted in this and seem to be doing OK. We have also had tomatoes, potatoes and marvellous pumpkins pop up as well.

**Lesley & Alan Bonnefin
33 Solomon Ave
LOGANHOLME 4129.**

Dear Grass Roots people,

What has happened to Renate's letters? We regularly read your magazine and look forward to her letters but in the last few magazines they have not been there. We feel a part of the magazine is (temporarily we hope) gone. Where is she?

**M. Draper & Judith Mertiny
C/- Bauhinia La Boheme
Stockyard Creek Road
COPMANHURST 2460.**

Dear Friends,

Renate, like many of us, has found the need to slow down a little and finds it difficult fitting in her craft work, travels, family commitments and time to write for Grass Roots. When she can find the time she will, (see p. 38 this issue) but in between she is always with us in spirit.

Meg and David.



Dear People,

Could anyone give me some advice about underground building. I would like to build a dwelling myself and favour this method for environmental and energy-saving reasons. If anyone can suggest authors and titles of books I would be very grateful. Also if anyone wishes to inform an ignorant city person on the joys of country living I would reply and write with diligence.

**J. Liddle
C/- 5 Wilma Place
FRENCHS FOREST 2086.**

Dear Grass Roots and Friends,

I am looking for a cheap acreage block of land in Northern Queensland not too far from a town or the coast, power and water not essential – please not a commune as I like independence. If anybody can help me I would appreciate it. Also, I am a single mother looking for a genuine human relationship, male or female. Children are no problem if you like to come and visit, so if there is anybody interested please write to me. I would love to receive your letter.

**Ms Laura Inlesta
C/- Post Office
HOWARD 4659.**

Feedback Link-Up Feedback

Dear Grass Roots,

Recently a lady phoned me enquiring about the diets I make up for birds. She was going to pass it on to GR readers but I thought rather than a garbled version given over the phone it would be more satisfactory if people wrote to me direct sending an aae and I would be pleased to help them. I have been caring for sick and injured birds and rearing young ones from the eggshell for over 8 years. There are different stages of feeding and weaning. Last year I released approximately 670 back into the wild. I do this voluntary work for love which costs my bus-driver husband and myself \$6,000 per year but we do not begrudge it. It is a God given gift as I have over 130 species. It means having to know how, what and when to feed them, plus mending broken bones and repairing injuries. Vets bring 'patients' to me and I give talks at schools showing the children how to care for birds and I have also been guest speaker on wildlife. I do this to hopefully educate the public to be kind not cruel, to our birds.



Nora Hughes
11 Tonbridge Way
MORLEY 6062.
Ph: 276-1412.

Dear Friendly People,

Could anyone knowing the whereabouts of Erik Christiansen, a Danish fellow who was living in Wellington NZ, please get him to contact me, or let me know of his whereabouts.

Nello Christopher
C/- 5 Bogalara Road
OLD TOONGABBIE 2146.
Ph: 02-631-8979.

Dear People,

Re the letter in GR 34 from Madeleine Shaschke on self-sufficiency living and coping with a handicapped child. It can be done – we live 45 miles from Hobart on 15 acres. But you do need to rationalise your ideals. Labour saving devices in the home are a must, even if they do raise the ire of other energy-conscious 'friends'. On the use of vitamins. Yes, yes, yes! Vital for these children. Three excellent books to read, for everyone actually are *How to Get Well* by Paavo Airola, published by Health Plus Publishers; *Psycho-Dietetics* by Cheraskin, Ringsdorf and Brecher, published by Bantam Books and *Dr. Atkins Nutrition Break-through* also by Bantam. With the help of these three you can remove most drugs from your child's regime.

Most importantly, if you have or know of a brain-damaged child, contact The Australian Centre for Brain Injured Children in Melbourne – Ian Hunter on 03-580-1056. I don't have spare time to write a lot here but anyone wishing for more information can either ring me in the evenings or send me a cassette message. I can talk into a cassette and work simultaneously!

Re Jane Gaffney and *Continuum Concept* babies – right on! But and a big but with the knowledge gained from ACBIC mentioned above about brain development and learning. Don't confine baby in a sling or anything! Put baby on the floor on his/her stomach! Do this as early as possible. Please! They need the nerve-ending stimulation which is in their hands and feet. Do please throw away bassinets, bouncinets and playpens and all the other paraphernalia of keeping babies separated from their mothers.

I breast fed my brain-injured Pierre for 3½ years – he's now 5 and very emotionally independent. He also has a very developed sense of survival using the *Continuum Concept* ideas. He is totally aware of the dangers of his rural environment as well as hot stoves, etc.

Lastly, remember when looking for your dream acres that land prices are very low in Tasmania and it's a great place to live, HEC and premier Robin Gray notwithstanding!

Mary Ann
PO Box 94
DOVER 7116.
Ph: 002-976-224.

Dear Grass Roots People,

I am in Australia for three months and wondered if Melbourne readers could help me. I am a Dutch agriculturist with a special interest in organic farming. I hope to visit some organic farms to get some information on organic farming in Australia. This I can then pass on to people in the Netherlands interested in organic farming and alternative lifestyles. I am looking for addresses of farms which might be interesting for me to visit, if possible in the surroundings of Melbourne. I shall contact the Organic Gardening and Farming Society for help, but thought *Grass Roots* people may also be able to help. Looking forward to your replies.

Erik van der Werf
5 Poulton Close
BAYSWATER NORTH 3153.

Dear Roslyn and Other Chook Types,

We have been keeping chooks for some months and have learned much both through reading and observation since my gullible days of buying nice little layers from the man at the market (our 'laying hens' took to shouting exotic words at the sun. Oh well, they made a good curry). The ones with the curly tails and tendency to crow do *not* lay eggs. Look at the face of the hen. A smooth, unfeathered face, a bright eye, a firm red comb are all on the head of a good layer. Still at a distance, watch her behaviour – if she loves to scratch and peck (even though you're sure she *couldn't* be hungry), and is the first at the good bowl, she's a layer. The final test is much more intimate. Upside down, check the vent – it should be large and moist. Forward of the vent and on each side of it, is a bone. Between these two bones you should comfortably fit three fingers. Don't be too quick to condemn though. The distance between the lay bones is an immediate indicator, however, if the hen has been off the lay for only a few days her lay bones will come together.

We run our hens in the backyard. In the mornings they have a mixture of 50% soybeans and 25% each of lentils and rice mixed with bran. In the evenings they have their wheat. Plenty of water is always available and lots of forage, including the cat food they steal.

I wonder if anyone could help me with cheese making. I am interested in making cheeses without using rennet. I have a recipe using lemon juice. If anyone knows of a good book on this subject I would appreciate hearing from them. I am interested in Anglo Nubian goats, hens and laying ducks. What suggestions have you about what to actually do with roosters and male goats? Killing our rooster was rather traumatic for all concerned.

Amanda le Bas & Brian Wallis
2 Hillside Pde
GLEN IRIS 3146.

Dear People,

I am trying to locate a source of organically grown soya beans. Could you help me with this?

Terrell Neuape
28 Lombard Street
NORTH ADELAIDE 5006.

Dear Grass Roots Readers,

Some years ago whilst studying at Caulfield Institute of Technology in Victoria I met a lecturer who had the idea of constructing a channel to allow sea water to flood Lakes Torrens and Eyre. This idea of flooding these lakes was recently resurrected in a letter to the Melbourne Herald (18/12/82). The project was put forward as a means of creating employment, but with a longer term aim of changing the climate of a large area of our arid exterior to support a greater population. The idea appeals to me as it could provide a more stable rainfall over much of inland Victoria and NSW. Do any readers know of organisations or groups who are investigating this idea or working towards its implementation?

Kelth Maggs
Cnr Sutton Grange Road
& Carnochans Road
ELPHINSTONE 3448.

Feedback Link-Up Feedback

Dear Friends,

Here are some suggestions in response to Feedback queries in GR No. 34. Rosemary Box's chilblains will respond to added calcium, magnesium and vitamin A and D in her diet. After suffering the agonies of the damned with chilblains all my life in England – on fingers, toes, ears and the back of my legs – I found out how to cure them after I came to Australia.

Goat's Milk Yoghurt (Mr. F. Stevens): bought goat's milk yoghurt, unless it is runny, has had gelatine, skimmed milk (cow's) or some other stabiliser added to it. When made at home using goat's milk only it will be the consistency of thin custard.

Brian Haynes and Shirley Dobson: jelly without gelatine or commercial jellies – agar-agar (available from the health shop), which is made from seaweed, will work quite well, and will be better for you.

Oxalis in paddocks or whatever (David Kirkpatrick): oxalis will grow only in soil with a very low pH (i.e. soil that is very acid). Raise the pH (with lime or dolomite) and the oxalis will cease to be a problem.

Vitamin B12 of vegetable origin (Jenny Rau): this is found naturally in comfrey. I know one or two elderly people who take their comfrey daily as a vegetable or tea, and benefit greatly for this very reason.

Dogs with fleas (Pamela Weaver): the brewer's yeast and garlic will undoubtedly help, but if you add sulphur or sodium sulphate tablets as well, you should have no more trouble. A lack of this mineral means an increase in exterior lodgers.

**Pat Coleby
HARCOURT 3453.**

Dear People,

Vegetarians have the right to eat vegetables and abstain from meat if they wish. I myself am a hunter, and thrive on meat, also I eat a lot of vegetables. I must be a very lucky person for I have the choice of both foods.

Please do not subject your dogs to a vegetarian diet – dogs are meat eaters so feed them fresh meat with bones. I personally feel women should not own dogs. After all, 'dog is man's best friend'.

**Brian Fenner
PO Box 28
MT. MAGNET 6638.**

Dear Readers,

Like many people we are longing for a more down-to-earth lifestyle and hope to be able to buy, if we can't lease, our piece of land in Tasmania in the near future. But since we became carers for a children's home, we feel the need – especially of growing our own vegies and fruits – much stronger and we have split up our plans into a short-term and a longer-term plan.

Many of the children who are placed in our care come from disturbed family background and quite often they are not only neglected emotionally but also in ways of proper nourishment. Some children are actually brought up and fed with white bread, beans and spaghetti from a tin and fish and chips. So far, not one child had any idea at all of the importance of good natural food and proper eating habits. We find great pleasure and satisfaction in helping the children, but we feel we could do even more for them when able to offer wholesome food and fresh, organically grown vegies and fruit. Therefore our short-term aim is to find a small piece of land to rent or lease (about ¼ acre) within 30 minutes drive of Devonport (Tas.), and start growing vegies. A few established fruit trees would be wonderful.

Our longer-term aim is to buy or lease a bush block (2-5 acres), virgin soil with water from creek or dam, suitable to establish herb and vegetable garden, fruit and nut trees. Further to prepare this property for permanent settlement in about 3 years time and become self-sufficient so we would be able to bring the children in close contact with mother nature. Generally they are not so interested in 'going bush' and we hope to get a chance to awake in some of them feelings of love and care, of respect and responsibility towards nature. We feel it is very important

that the land we are going to buy or lease offers attractions like fishing, swimming or horse-riding close by.

We would prefer to undertake this adventure with other caring, middle-aged people, with some experience in becoming self-sufficient and who are interested in children and their spiritual development.

A further possibility could be a reforestation project but then we would really need others to join us. Henk is a qualified forester, but we are not familiar with Tasmanian conditions. All letters received will be answered.

**Henk and Lodi Ottow
108 James Street
DEVONPORT 7310.**

Dear Fellow Readers,

To the person who asked about orris powder. This powder used in herbal sachets, etc. is the finely ground root of certain iris of the Iridaceae family. The root (or rhizome) of the *Iris florentina*, *I. germanica* or *I. pallida* must be dried for several months before becoming aromatic. Iris roots, apparently, take two to three years before they reach maturity. Dig, trim the rootlets, peel the rhizomes and cut into pieces. Dry, then grate and pound to a powder. This information and much more comes from Rosemary Hemphill's *Herbs for all Seasons*, Penguin Books 1972. If you can't wait three years, I believe chemists can stock or order orris powder for you.

**Robyn Elstub
C/- Post Office
COBARGO 2547.**

Dear Grass Roots,

I would like to answer a few questions by your readers. Barbara Geitz is having trouble with stick-fast fleas. I was troubled with them, also ticks on the fowls, but since I put lime in the fowl sheds, sulphur and Epsom salts in the mash 3 times a week I have not seen one on the chooks. I have board floors in the chook houses and after cleaning them out every month I sprinkle them heavily with lime or dolomite then cover it with dry grass clippings or sawdust to a depth of 6 in. The fowls scratch about in this and so get the dolomite dust through their feathers. I put the sulphur in their food and add a little Epsom salts in the drinking water and this also prevents worms. The chooks are on free range and still are free from any pests. They are locked in their sheds at night and also come into the sheds during the day to lay their eggs.

Margaret Hughes wants to know about drying fruit at home. I have an electric fruit dryer and do all my herbs, bananas, pumpkin, grapes, persimmons and grains, and have not used sulphur or any other chemicals and have not had any blackened results.

Marigold Green: about vegetarian dogs. Dogs seem to require a little meat – not much. I get a few bones and boil them to make a broth with added vegetables such as potatoes plain and sweet, cabbage, pumpkin and carrot. Remove bones if you wish, then beat the liquid and vegies to a mush and add a little pollard and bran, a little bone meal powder, also a small amount of sulphur which prevents dogs from getting ticks. If the bones are given to the dogs there is no need for the bone meal. The bones can be stopped gradually and milk added instead. If this type of food is given to the young puppies they grow up to be vegetarians.

Margot McMinn: sandfly bites. Roberts Skin and Healing Ointment, procurable at health shops is very good – stops all stinging and irritations.

**Maybelle
CURRUMBIN VALLEY 4223.**

Dear Readers,

We are pensioners and would love to go to Port Douglas or anywhere in that area during winter for a few weeks. Would there be anyone with a bungalow or flat at the back of their house who would let it at low rental? We would be most grateful.

**G.J. Holloway
1 Holloway Court
NOBLE PARK 3174.**

Feedback Link-Up Feedback

Dear Friends,

We have recently been licenced to operate a non-profit, 'community' type FM radio station for the Bellingen Shire (south of Coffs Harbour, north coast NSW). With \$20,000 donated by a publicly-spirited citizen, we can buy materials to construct what is, as far as we know, the world's first mudbrick and timber radio station. Most of the 4,500 bricks going into the building will be made by a mechanical process developed by a local bloke. So the backbreaking part will be done for us.

Though we have money for materials, we do need people-power to actually construct the building, and as quickly as possible. On air date is set for May! So far the footing and cement slab are done – that was the hard part. Though we have a very community-minded citizenry, our population is small. We therefore appeal to GR readers for help. Would anyone like to come along for a day, week, month, to help us build? No experience necessary. We can offer at least camping sites at people's places along our rivers and near the ocean. You can learn plenty about building as there are good tradesmen involved. And there is lots of music and good times to be had. Not to mention our interesting people. Please write or ring for further information.

**Radio Bellinger
Box 104**

BELLINGEN 2454.

Ph: 066-551-691 (AH), 066-551-888 (BH).

Dear GR People,

It saddens me to read letters along the line: 'We are stuck here in this horrible city awaiting the day when all our dreams will come true.' You can make a start wherever you live, whatever your circumstances. Sure, the air is cleaner in the bush and you can't keep a horse in a home unit; but you can grow a few things in pots on the windowsill – you can still enjoy the sunset. I suppose it comes down to the old saying: 'Happiness is where you find it'; chances are you aren't looking if you haven't noticed the thousands of small delights which surround us all.

In my tiny inner-Sydney backyard I have a mulberry tree, a couple of passionfruit vines; beans; strawberries; capsicums; shallots; chokoes and pumpkin growing at the moment, plus a few herbs. I have also had success with many other vegies – space is the main inhibiting factor. It's a case of rotating each square centimetre to achieve maximum effect. Lots of compost and chook manure (and wire netting to prevent the cats digging everything up!) and although I don't produce a huge crop of anything except chokoes, the results are always tastier than the shop-bought equivalent and of course, cheaper too.

Eventually I will move to the country; I'm paying off a block of land near Cooma in the Snowy Mountains. It will be some years before I am clear of debt, and probably a few more years until I've saved enough to do all the things necessary to get started. There are fences, buildings, dams to pay for; fruit trees to plant, stock to buy. I hope that by taking my time and planning well I shall avoid some of the pitfalls. In the meantime I'll draw my inspiration from those folk whose letters and articles appear in *Grass Roots*!

If there is anyone who would like to drop me a line, please do; I'd be only too happy to hear from you.

**Sue Bowditch
176A Church Street
CAMPERDOWN 2050.**

Dear GR Readers,

Regarding solar panels. I have heard of people having problems with checking the specific gravity of the storage batteries. The hydrometer usually shows that the battery is in the 'red' or flat (even when you know that it is nearly fully charged). The reason is that the acid 'layerises' because it doesn't receive the shaking as in a car. To overcome this problem one should give a good charge every month or so until the acid bubbles and mixes. Most regulators do not allow a battery to gas (I've dispensed with mine and carefully keep a check on the batteries which in my case, never reach an overcharge condition).

Also do any readers have any experience with sawdust/cement

panels for use as in insulating medium in ceilings and walls? I understand, that with the addition of an air entraining medium e.g. detergent, a light weight panel can be made, therefore recycling sawdust instead of using fibreglass.



**Jon Hammond
The Hamlet
Darkwood Road
THORA 2454.**

Dear Grass Roots,

You've put together a fantastic magazine and I hope, with people's help we can keep it going. It's great to be in contact with real people and learning how to live the right way! Can anyone tell me if bore water is harmful to you in anyway and are there any old mixtures that will remove bore water stains from ceramic (toilet bowl)?

**Vikki Cowenak
C/- Post Office
MAREEBA 4880.**

Dear Vikki,

To remove the stains, try mixing baking powder to a paste with peroxide and scrubbing with Scotchbrite. Good luck.

Dear Friends,

At present we are travelling around Australia. We have two boys (8 and 5) and a girl who is 3. I am teaching the boys by correspondence lessons and would love to write to someone who does the same, particularly travelling. How do you cope? We are doing Queensland lessons as that is our home state. All letters answered.

**Tricia Lee
C/- Post Office
ALDINGA 5173.**

Dear Meg and David,

In your next publication would it be possible to ask if any of your readers who own a reliable grinding mill would mind sending me details and brand name of same. It would be used mainly for flour. Is there anyone with a secondhand mill in good condition which they wish to sell?

**(Mrs.) Jan Ward
'Carinya'**

**Petrie Creek Road
NAMBOUR 4560.**

Dear GR Readers,

I am a 35-year old divorcee with four children – Leanne 17½ (working away), Jeff 16, Wendy 12 and Kellie 10. My mum (77) also lives with me. I am caretaking on a 3000 acre cattle property at Bloomsbury, south of Proserpine. The owners are great and don't mind what animals I have. I nearly cried when I read of Jean and Ernest Grant giving away their Jersey cow and heifer (Gr No. 33). I've been trying to save up for a cow but a pension doesn't allow for much saving.

We like rodeos, country music and country life including all animals. Is there a like-minded, gentle-natured, non-drinking male, 35-45 who would like to correspond with me. We don't have much money but have lots of love and laughter to share. I was born 29/12/47.

**Cheryl Noble
PO Box 111
PROSERPINE 4800.**

Dear Grass Roots Readers,

We are a young family of four with one more on the way. Eight months ago we moved to the South Coast hoping to find a farmhouse to rent but have been unsuccessful. The ones we have found have either been too expensive or have only short leases. We are hoping that maybe someone has a house they would rent. It doesn't matter if it's a bit run down as we would do repairs in exchange for reasonable rent. Please let us know if you can help us. We would need just enough land for a vegetable garden and chickens. We need to be situated somewhere between Batemans Bay and Berry. All letters answered.

**Peter & Rose West
8 Tallyang Street
BOMADERRY 2541.**

Feedback Link-Up Feedback

Dear Grass Roots,

In reply to Rosemary Box's letter (Gr 34) regarding chilblains. I suffered with them until 15 years ago when I worked in a bakery for 12 months (perhaps that's what cured them). The best thing I found was Vicks Vaporub which had a very cooling effect though some people's skin could be a little sensitive. Methylated spirits was also suggested to me.

I enjoyed the article written on lighthouse living by Joan Nethery in GR 31 as we were at Cape Leveque for a few days in August last while on a trip in the north-west. The children had great fun swimming when the tide was in and collecting crabs when the tide was out.

We have a farm but we are not looking for an alternative lifestyle like some. There are quite a number in this area (which is the lowest south-west corner of WA) who have opt out of the ratrace and are trying to make a go of things knowing there's a lot of work involved even in a vegie garden.



**Bev de Rusett
Meenys Road
NORTHCLIFFE 6262.**

Dear Grass Roots People,

Following on from Ildie Houston's letter (GR No. 34) in regard to fruit fly, I have been told that the fruit fly grubs, when fed to chooks, are not destroyed but pass straight through to the soil to continue their cycle. Does any reader know whether this is true?

**Barbara Thompson
Windsor Road
KELLYVILLE 2153.**

Dear Folk,

Here is a travel opportunity for the right person. I am planning to travel by horse and wagon around this marvellous country. I have a beautiful Clydesdale mare, harness and dray. What is needed is a craft/carpenter person to help build a covered wagon using the dray as the foundation of the project. Would love to hear from anyone with any ideas about putting one together and from anyone who has attempted such an adventure. All letters answered.

**Marrigolde
RSD M155
POOTILLA 3352.
(via Ballarat)**

Dear Grass Roots,

I have been a reader of your excellent magazine for three years now and I think it is terrific, however I have a complaint. I fully realise that it isn't your fault, but I wonder if others have been caught out the same way. Someone from around this area asked in the magazine for free manure. Seeing that the place is only about 12 or so miles away from us, my son and I filled a truck to take down. Since the street is a very long one I went down in the car to find the person first, but was unable to find them. I went to the Post Office and they said it was a lady and that she picked up her mail almost every day so I left my name and phone number scribbled on an old envelope. We waited two days for a phone call and when none came we had to fork the manure back off the truck – all 4 tons of it! This is ridiculous as I know the area well and we had picked the stuff she would need. She wasn't to know why I was chasing her, but I think she should have rung me just the same. I know my son will want a lot of persuading to do the same thing again.

**John Staples
South Street
TERARA 2540.**

I think a number of other readers have encountered similar problems when answering Feedback requests. People have either forgotten about their request, changed their mind, or moved on without leaving a follow on address. This can cause disappointment and inconvenience, as it has in this instance for John. Perhaps people

sending in material for inclusion in GR could let us know when their Feedback/Land Link/Unclassified is no longer relevant or if there has been a change of address. Sometimes alterations are sent in but arrive too late. The courtesy of a letter of explanation would be appreciated by all involved in the would-be transaction. Grass Roots belongs to all of us – it's up to each to make it work.

Meg and David.

Dear Readers,

'Our ancestors should have stayed in Scotland,' my neighbour said to me. She was wearing a wide hat and a long-sleeved shirt, even though it was a summer's day. I nodded, knowing the experience of removal of sunspots, and she rolled up her sleeve to show me some of the sunspots on her seventy-year-old arms. Afterwards we went back to our respective gardens to work for a while before it became too hot.

I am not 70 – I am in my 30s and have already had three spots burnt off by radium, and about 30 burnt off by cryotherapy. I never go out without a hat. If I take the children to the pool in the middle of the day, I wear an elastic one in the water and a T-shirt.

On a doctor's recommendation I'd had three spots burnt off with radium. However, another doctor told me that radium is alright for older people but with younger persons the spots regrow and have to be cut out. All future spots should be burnt off with cryotherapy. This is very painful and disfiguring. After each experience my face immediately swelled, my nose broadened, eyes closed to little slits and there were all those messy scabs to live with for about ten days. When they finally disappeared, a few little scars did not seem too bad.

Later the amazing cactus plant that removes these spots was brought to my notice. It was marvellous. I used the sap once a day for three days. By the third day a sore had appeared and I stopped using the sap. When the scab dried and fell off there was no more sun-spot. If any reader is interested the Wilderness Herb Nursery in Howard near Maryborough, Q. carries the plant.

**Elizabeth Sharp
Phone: 071-222-487.**

Dear Readers,

We would like to know more about methane gas and wonder if anyone has had any problems with it exploding. Is there anyone out there who could write an article and recommend some good books.

**Terri Schonewille
285 Settlement Road
COWES 3922.**

Dear Grass Roots Readers,

I have a collection of flowering gumnuts – any information on propagation is greatly needed.

Best of luck to all getting it together. Spare a thought for those who are restricted and can't make the break; anyone out there who understands the frustration are most welcome to write. The females and kids usually end up paying the price. Goaty, kits, dog, bunny, chooks, chicks, ducks and ducklings plus three nippers make up my crew of hungry mouths – oh, and tortoises too. Many pleasurable and sanity saving hours are spent with them, but a few GR friends would not go astray. I'd like to get my nippers away from the rat race and into the country. I believe in deep friendships, but this is dicey because not many people can handle true friendship as opposed to superficial ones. I usually get hurt and am often on the verge of slipping into a shell. There is no fun in being a person needing people. I press flowers and any small samples would give great pleasure.

**Gail PR
C/- Post Office
MONBULK 3793.**



Feedback Link-Up Feedback

Dear GR,

This letter is an attempt to reach out to those that have true feelings to be once again as one with nature. By 'as one with nature' I do not mean on a \$100,000 area of land with hot and cold running water, generators to run the colour TV and dishwasher, and an obligation to be a part of the system for another 25 years to pay for it all. The idea of land purchase may be a great thing for those who have the dollars, but there are still others who feel nature intended that all living things should share the earth and live in harmony. Before I am drowned out with the usual statement, 'It's impossible to live in the ways of the past now due to customs and laws of society, population, etc.' Let me say this: whose voice sounded first across the lands – man's or nature's? Whom is the ultimate power – man or nature? And who rules with wisdom? Certainly not man. Society has not made it impossible to live as nature intended – they have made it only almost impossible. Only the strong achieve the true meaning of life, the strong of mind and spirit. And this is as it was intended. The strongest of each species shall survive.

**Curtise
PO Box 666
DALBY 4405.**

Dear Grass Roots Readers,

Referring to Liz Gardiner's letter (GR No. 35), I would like to mention a book I use a great deal – *I Had No Say* – a guide to natural living for parents and children, written by Sister Joyce Lubke. I would think anyone considering a homebirth would find this book most helpful inasmuch as it gives information about how to best prepare the parents healthwise for the conception and birth of their healthy child. Sister Lubke, a practising naturopath specialising in children, is a personal friend of mine and has helped me on many occasions with advice regarding the health of my family. I have permission to quote the following remedy for worms from her book:

Toxic foods, especially meat and flesh foods, irritate the mucous lining of the bowel, causing it to become inflamed. The waste products of these foods and the state of the bowel provide perfect breeding conditions for worms, which may be ingested in several ways.

Treatment:

For three days: grate 1 apple and add grated pumpkin seeds. Give three times daily. Under three year – give 3 seeds each feed. Four-eight years – give 6 seeds each feed. Over 9 years – give 9 seeds each feed. More grated apple may be given if needed, after the child has eaten the seeds (which worms don't like!). Give water or fresh apple juice to drink.

Fourth day: 8 a.m. Give water enema followed by grated apples only for breakfast.

Midday – give another enema – fruit salad for lunch, raw vegetable salad in evening.

Fifth day: Commence a natural diet according to the age of the child.

Pepitas are the best to use. Some other pumpkin seeds on the market are heavily salted.

Sister Lubke has also had success against lice by washing the hair and rinsing with a strong solution of pennyroyal tea. *I Had No Say* is available at some good health food outlets or can be ordered by writing to Sister Lubke, PO Box 2, Bringelly 2171 – cost \$7 including postage in Australia. Sorry if this letter is beginning to sound like an advertisement, but this book is such a gem and is not easily obtainable. I expect that many readers would not have heard of it, particularly those living in the country.

**Dianne Ayling
'Bimbimble'
Hansens Road
MINTO HEIGHTS 2566.**

Dear Readers,

For those of you contemplating buying a horse for yourself or a child I would like to recommend a book on the subject. It is *Easy Riding Australian Horse Sense* by Clair Jolliffe, published by Penguin Books. It is not about riding techniques so much as information for the part-time owner. It covers topics such as stabling, feeding, basic ailments and prevention, saddlery and basic discipline. There are tables to help you work out your initial outlay and running costs. After reading it, I realise that I have some way to go in knowledge and finance before I am ready to become a responsible horse owner.

Now, can anyone tell me how to make a billum (New Guinea string bag)? Mine has worn out and I don't know any jetsetters who could get me one!

**Mwyfanwy King
76 Margaret Street
MAYFIELD EAST 2304.**

Thanks Mwyfanwy for taking the words out of our mouths – several of us here on the GR staff would also like to know how to make these fascinating bags called billums. Any readers out there who can put such an article together?

Meg.

Dear Grass Roots People,

We are three part-time farmers in our late twenties on 150 acres of hill country in South Gippsland. The property is mostly grazed by sheep and cattle at present but the soil will grow anything and we intend to plant a lot of trees – nut trees in particular. There is an established home and garden. We are looking for a compatible 'Grass Roots' lady to share this beautiful and productive piece of land. It's close enough to Melbourne (1 ¼ hours to city) to retain ties there, but isolated enough if you don't want to. We'd love to hear from you.

**Frank, Liz & Peter
Kelly & Curran's Road
RANCEBY 3951
Ph: A.H. 056-597-245 or 03-419-8642.**



Dear Grass Roots,

Like Ron Lyons, I too have had a fruitless search for *Abbie Heathcotes Book of Earthly Delights* and would gladly refund postage and cost for a copy of this much loved book, also a frameable copy of *Desiderata*. Hoping to move to Tasmania in 83, hence our 'For Sale' ad in the unclassifieds, but your magazine makes me realise that new friends await there to ease the parting from this great place. What a happy day when I discovered *Grass Roots* and all the real people that support it.

**Moirra Wellman
Post Office
SERPENTINE 6205.**

Dear Fellow GR Folk,

Perhaps someone would write an article on difficulties with water. A friend of ours has plenty of water but it is just too salty for anything. Maybe someone has had the same problem and would care to pass on information as to how they overcame the problem.

**Cheryl Binsted
'Heathfield'
MINGELA 4816.**

Dear Folk,

I am trying to get information on circle gardening and Genesa. I recently read *Circle Gardening* by Derald D. Langham. I am interested in his ideas and would like to read more. I would be grateful for any information on books or articles available in Australia.

**Brian Legg
83 Nicholls Street
DEVONPORT 7310.**

Feedback Link-Up Feedback

Dear Friends,

I have now thoroughly re-read GR No. 35 and just as thoroughly enjoyed it. The first article I read was the one on Responsible Homebirth. We attempted a homebirth with our little girl but after eight (yes, 8) hours of normal labour I insisted it was taking too long, so we went to hospital and she was born naturally thirty minutes later. Next time I'll wait.

Liz Gardner, an excellent natural remedy for hookworm or any worm is raw garlic. A pleasant way to eat it is crushed or finely chopped on buttered toast. Also we put heaps in salads, again finely chopped so that it's eaten when least expected.

Helen Mills, to lose weight, try a high natural carbohydrate and low protein diet with emphasis on raw foods. Excess protein converts to fat. A fruitarian diet is inadvisable because you would develop a severe calcium deficiency and a mineral imbalance unless the diet was supplemented. Anyhow a fruit diet is very high in sugars. A vitamin B complex will decrease the sugar habit. The best source of vitamin B is brewer's yeast. Take in either yoghurt or fruit juice one hour before meals. (Yoghurt is best because it makes up the calcium balance.) This should minimise the gas problem. My husband Marijan, who is a naturopath will gladly answer any further queries.

Marilyn Grigg, you assert that Christ taught that "animals are our 'young' relatives, to be treated with respect and not to be fattened, killed and eaten at times convenient to our appetites" (GR 35, p. 96). This is incorrect. Jesus Christ ate fish (read John 21 in the Bible). Humans were first permitted to eat animals after the flood (see Genesis 9:3) and in Deuteronomy 14 God gave a list of animals suitable for eating. Start reading from verse three. God also made it very clear that humans were on a higher level than animals.

Whoever sheds the blood of man,
by man shall his blood be shed, for in the image of God has
God made man.
(Genesis 9:6 N.I.V.)

We are vegetarian by choice because we believe that it is healthier and more economical not to eat meat but I could never state that it is spiritually wrong. So please stick to facts and when making a statement such as you did, provide references. No malice intended.

Somebody replied to one of my letters in Feedback some issues ago about owner-builders in heaven (Isaiah 65:21) and my brother lost it while we were travelling. So could you please write again to the new address?

We are still looking for a cheap block of land to buy. If you can help please write. If there are any people into that lifestyle in this area, we'd love to hear from you. All letters welcomed and will be answered.

Angela & Marijan Zujic
42 George Street
GOULBURN 2580.

Hi People,

We recently bought a Jersey cow and we call her Daisy. She had Petal six weeks ago. Now I'm quite good at milking but not looking forward to chilly winter mornings. Daisy is a lovely cow - very gentle, quite determined, and a great slicky beak. She races up to the fence if you are near the vegetable garden or orchard. I have made some butter and cottage cheese. We'd like to make some hard cheese but are a bit hampered by lack of equipment i.e. milk strainer, skimmer, curd knife, rennet, chessel, churn, etc. Does anybody know where we could buy these things in WA or E. Australia? Any information would be most welcome.

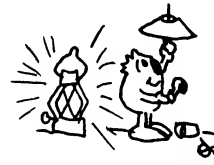
Claire Shaw
81 Hassell Street
MT. BARKER 6324.

Dear Meg and dear David,

I read about you in a book published in Germany called *Alternative Australia* by Wolfgang Martin. I am nearly 26 years old and a librarian. My dream is to live in Australia in an alternative community. The Australian Embassy over here told me I have no chance of being granted

residence. Would any of your readers be able to help me find a job - does anyone need a German-speaking librarian - or can they suggest any other way of obtaining permission to stay in the country?

Angelika Finke
Gerolsteiner Str. 11
5000 Köln 41
WEST GERMANY.



Dear Folks,

Help! Do any of you know of a slimming diet using only vegetarian foods excluding bread and crackers, etc? I can't find one anywhere and I'm nearly going bonkers with frustration. If you can help me please write.

Linda Thomson
Box 50
COORANBONG 2265.

Dear Grass Roots,

Our request for help and information is the reverse of most. Instead of leaving the city we wish to return. Two and a half years ago we left the inner city and bought here in the Blue Mountains, intending to build an underground or earth-covered home. However, for many reasons chiefly Peter's commuting we wish to return. We greatly appreciate the sense of community we found in the inner-city and the Upper Mountains. Is it possible to find a friendly community-minded area in the north-western suburbs of Sydney? We would appreciate any leads advising of good state schools, friendly streets or people interested in sharing backyards, etc. We can afford about \$80,000 for a house. Our children are aged 8 and 2½. Hoping to hear from any happy suburbanites.

Anna & Peter Johnston
22 Murri Street
KATOOMBA 2780.

Dear Fellow Readers,

After years of enjoyable labour in the city areas I now find I have a 'calling' to the coastal country area. My talents as a photographer and musician have taken me to many overseas countries and all over Australia. I have invested my earnings wisely over the years and now find myself in a position to be able to buy a small property. I would like to meet a young honest gentleman who has a 'calling' to the land and would like to share his life with me, and who has similar financial status so that together we could really set up something worthwhile and try the self-sufficient style of life with the help of friends. I'm a nonsmoker, drink very little and am in search of a sensual soulmate. All letters will be answered.

Samantha
PO Box 210
ROCKDALE 2216.

Dear Fellow Readers,

Here is a handy hint that I find helpful: wipe bench tops, tables, etc. with a drop or two of rosemary oil on your cloth. This works well to keep flies away. Also lavender oil is good to rub into dogs and cats hair to keep fleas away - makes them smell nice too.

Wendy Churchill
11 George Street
PENNINGTON 5013.

Hi,

I am very pleased that more and more people answer questions of readers in Feedback so that everybody can make use of it.

Lou Burrows (GR 35) Unshrink Woollen Jumpers: see GR 31 p. 49.

Stef Rogerson (GR 35) Soap Making: see GR 24, pp 85 & 88; GR 27 p. 6; GR 28, p. 13; GR 32, p. 7; GR 32, p. 31; GR 27, p. 89; Earth Garden 3, p. 43; E.G. 17, p. 21-23; GR 25, p. 30; GR 25, p. 30, GR 34, p. 7. Hope this is of some help.

Carry & Carla van Empel
64 Auburn Street
WOLLONGONG 2500.

HAPPINESS AND HARDSHIP

Reflections of Times Past

A few issues ago in Gumnut Gossip we enquired whether older readers might like to write about their experiences of the economic depression of the 20s and 30s. The following four articles convey something of the flavour of those times — the spartan quality of rural life, the hardship inflicted by the depression and the spirit in which they were faced. These stories will cheer and encourage many GR readers facing lean times at the present, and will strike a nostalgic note for many others.

KARRI, KANGAROO AND KEROSENE

by W.J. and J. Buckland, Saunders Beach, Qld.

Some of the articles and Feedback letters from people who have recently begun life in the country bring back many memories, and make me think about the differences between starting on the land now and the time when my parents started out after the First World War. They selected land in the southwest of Western Australia. In those days cars were unknown in the bush, and instead of taxis around Perth station there were horse drawn cabs.

It took us three days to find our boundary pegs and make sure we were on our block. Then we had to cart our things from the siding, which we did with a heavy spring cart pulled by a shafter and a leader. On the way we had to drop into and pull out of two small karri creeks. I did all the carting; I was only fifteen at the time, and those two creeks gave me plenty of trouble, especially when carting face cuts, which we bought from the local timber mill for £1 a hundred to use as building material for our first home. On one occasion the jar as the cart dropped into the creek combined with the swing of the face cuts broke both shafts, and I had to make two out of karri saplings, which were plentiful, with no restrictions about cutting them. On another occasion we were bogged to the axle. I unhooked the leader and pulled the cart out with a block and tackle, which I had to walk home to fetch.

Our first cow was a Jersey cross named Topsey. We paid £15 for her. As our block was not fenced we put a bell on her, and she became very skilful at moving without ringing it. Fortunately she never strayed far.

It was my job to bring her in and milk her. Our milking shed consisted of bush poles with an iron roof. At the back was a cow bail fashioned from an upright post buried in the ground and a sapling pivoted from the bottom. Topsey would put her head through the bail to reach the tin tub of feed, and we would bring the sapling up until there was just room for her to move her head freely up and down, and drop a wire loop over it to prevent it from opening. It used to feel nice on cold frosty mornings, after walking through the wet bracken looking for her and coming back with cold feet, to press against her warm body while milking her. She never needed a leg rope, but in the spring it was advisable to tie her tail.

We used to separate the milk with a hand separator. The milk was poured into the bowl on the top; we would turn the handle, to which was attached a bell that rang with every turn until we got up enough speed for the bell to stop ringing. This was the correct speed for separating and so we turned on the

milk. It was good to watch the thin stream of cream running into its container and the flow of skim milk with its big head of froth running into its container, ready to be fed to the pigs and calves, especially after our herd started to grow.

At this time our block was virgin bush, and the possums in the trees around our camp would keep us awake at night.

Times were often hard; they always are when you start something with no capital. We never ate anything we could sell, and kangaroo was our main source of meat. We used to pickle it like corned beef. My parents were very hospitable and visitors usually stayed for a meal. My mother was often complimented on her lovely corned beef, but no-one ever recognised it for what it was.

We had only kerosene table lamps, and it was a great occasion when we were able to afford our first Tilly mantle lamp. We had no refrigeration, keeping our meat in a water cooler, and my mother boiled her washing on an open fire for years, but we were happy. There was far more social life in those days, and every home had some sort of musical instrument. From memory, the most popular instruments were violins and button accordions, with a fair sprinkling of mouth organs. We held our dances in the bush school. The admission charge was for men a shilling and for ladies a plate. We would drive to the dances in the spring cart with a hurricane lamp tied to the axle. I never saw drink at a dance until cars became plentiful and the townies used to come out to our dances and bring drink with them.

We lost our farm and everything we owned in the 1930 depression through nonpayment of interest on a mortgage we were foolish enough to take out on our farm. But how anyone could be expected to pay interest when we couldn't give anything away, and then be punished for not doing it, I could never understand.

I took a job on a timber mill, where I worked for the next thirty years. I never went back to the land, though I still dream about it. Not with tractors though! I often wonder if modern farmers get the satisfaction from plowing with tractors that I did walking behind a mouldboard single-furrow plow pulled by horses that knew as much about the job as I did.

If any *Grass Roots* readers come touring this way, we would like to meet them, and talk farming and the bush with them. We have plenty of room for a caravan, and are only five minutes from one of the loveliest beaches in Australia. Our address is 19 Atoll Street, Saunders Beach, Queensland 4816.

ONLY TARTS WORE LIPSTICK

by Lesley Clark, Mandurang, Vic.

We are not-so-young *Grass Roots* readers, being in our early sixties, and so we cannot help comparing the survival techniques of today's down-to-earth people with those that were used when we were young. We are products of the first depression, and although we have lived through the affluent postwar years finally to retire on a modest pension, we still have vivid impressions of the economics and the austerities of the 1930s and then of the war years.

I was a farm child in the days when few farms had power, except those of prosperous landowners who could afford to put in their own generators and wind lights.

Cooking was done on a black-leaded woodstove, or on hot days a kerosene primus stove. Water came out of a galvanised water tank and in many houses was not laid on to the kitchen — the nearest tap might be out on the verandah. Washing up was done in a tin dish with a tin tray on the kitchen table. We had no bathroom, just a bench with a tin or enamel basin on the verandah. Baths were taken once a week — in front of the kitchen fire, if you were lucky — in a galvanised tin bath. It was filled with buckets of cold water, with two or three kettles of hot water from the stove! Soap was plain — Solvol, Lifebuoy, or Velvet soap; perfumed soaps were something special you were given at Christmas.

Lighting was provided by two kerosene lamps (one a good Aladdin, much prized!), and candles — one for each bedroom. The Aladdin lamp always stood on the end of the kitchen table around which most of our evening activities took place. My mother sat close to it and sewed or did fancy work; she embroidered beautifully, making many things — tablecloths, doilies, and aprons. My father read a great deal and of course I always had a little homework.

Sometimes we would play card games like snap, crib or euchre, or perhaps ludo or snakes and ladders. At other times my father played his fiddle and mouth organ. Both my parents were musical and my mother played the piano in those years when we could afford one!

We lived eight miles from the nearest town on a soldier settler's block. Access was by an unmade dirt road which became impassable except to buggies in the winter. In 1930, a few years after we moved there, my father's fortunes declined; the depression struck and the price of butterfat fell to threepence a pound and that of wool to sixpence a pound. And so we went broke! Dad held on for about four more years, trying to find employment outside the farm and keeping a few cows just for our milk and butter, and a few sheep for meat. When we were sick of mutton there was always the odd bunny. My mother made excellent butter which she traded with our grocer for a few staples like sugar, flour, candles, matches, soap and dried fruit if we were lucky. Fruit and vegetables were very scarce — I seem to remember I never tasted celery until I was twelve years old. Oranges were a luxury, though apples, pears and plums were given to us to-town best dress and coat — if we were lucky. Looking poor hurt our pride. My mother made everything she could, even a coat or two. Shirts were patched, collars turned, trousers



sometimes by folks who were lucky enough to have their own fruit trees.

Flour and sugar were bought by the bag, and the empty bags were put to good use. Flour bags were made into all sorts of things — aprons, and sometimes even underwear. Sugar bags were used to carry things in. Bags were also useful placed over the head to protect head and shoulders from the weather. In the TV series *All Creatures Great and Small* I noticed that some of the Yorkshire farming characters wore a bag in the same fashion. Chaff and bran bags sewn together made something called a wagga rug! This was thick enough to keep the rain off if you were caught in a storm or shower on the road home from the town. Sometimes my mother washed a chaff bag, split it open and used it, neatly hemmed, as a rough towel! I use chaff bags to this day — they make a very good saddlecloth!

Except for the shortage of fruit and vegetables, we ate well, supplying our own meat, milk, butter, cream and eggs. Wood was in plentiful supply. Clothing was the area of greatest economy. Everything had to last as long as possible — underwear was expected to last at least three years and thereafter was patched and mended. We each had one going-patched and so on. I was still doing such repairs early into my married life! Of course, during the war years when clothes were rationed all sorts of economies were made, including buying secondhand coats and dyeing them. My dressing gown for my wedding trousseau was made out of a coloured blanket, as blankets were not rationed!

All this was before the advent of nylon fabrics and plastics. Sometimes I wish that plastics had never been developed when I consider the massive pollution they have caused. We had only glass, tin, enamel or china. Fabrics and

materials were of linen, cotton or wool. The throw-away society had not yet arrived.

Tissues, so familiar today, were unknown — we used handkerchiefs. Toilet rolls were a luxury; we cut up newspapers for the outside toilet — sorry, dunny!

We had no fly screens or fly sprays, only swats and fly papers on which, hopefully, flies got stuck. So of course we had milk-jug covers, sugar-bowl covers, meat covers and throw-overs to cover everything! We had no hair sprays, and no deodorants, only talcum powder. Makeup was very minimal, in my family anyway. Only 'tarts' wore lipstick, and blokes who used brilliantine were 'fast' or 'flash'!

Well, finally we left the farm and went to the city of Sydney. There followed years of worry and hardship as my parents moved around trying jobs, sometimes in the town, sometimes back on the farms. For a short period my father was on the dole. He had to queue up at the local police station for his money, but he also worked with the local council on the roads to earn his 'hand-out'! When I say 'on the roads' I mean pick and shovel work — not driving modern bulldozers and machinery.

So you see, you young people, today's 'dole bludgers' are only repeating history; it has all happened before. Sadly, our society just doesn't seem to be able to survive unless it has a war about every 20 years; it was a war that pulled us out of the last depression, but — thank goodness — wars are no longer acceptable to the little people of our world. So perhaps this depression will be with us for longer.

I am sorry — I haven't any answers; I'm just a Mum who can look back and make some comment on the last 60 years. Our two sons are in the rat-race, and hating it. One of them got his present job in competition against 69 other applicants; it was sheer luck — and he loathes it!

One thing only I am sure of: it is not worldly goods that make you happy, it is caring about one another and sharing joys and sorrows. Fortunately, many of you *Grass Roots* people seem to have discovered this.

I came through the last depression, lived through the war years and the postwar years, and raised my family putting up with class snobbery in suburbia. Now I'm living in a small mudbrick house on five acres of native bush, caring for my neighbours and friends, and this is the way to be.

A FORTUNATE CHILDHOOD . . .

by Doris Wallace, Numurkah, Vic.

'Times are bad', is the catch phrase of the moment, and people wonder how folk managed in the olden days, and during the great depression.

At the time of the depression, I was a young child, living on a farm in north-eastern Victoria. Although times were hard, in fact very hard for some people, my parents tightened their belts and survived both the depression and the concurrent drought without getting into financial difficulties. North-eastern Victoria was less severely affected by the drought than some areas — had we been living in the Mallee or the Wimmera the story might have been different.

In those days, country people were mostly, by necessity or choice, self-sufficient: survival was the name of the game. Of course there were not so many rules and regulations as today; and city people could keep hens as well as grow vegetables. Exchanging or swapping — clothes and footwear, garden and farm produce — was a way of life. A horse might be loaned to complete the harvesting or ploughing, and at times even a cow was loaned out for a while. Farmers helped each other harvest crops, and even after the arrival of big thresher machines and chaffcutters neighbours or relatives turned up to assist at this hectic time.

The country men went to work in the fields and wives stayed home and cared for the family. They made their own jams, pickles and preserves, cakes, pies, butter, soap and some their own bread in a big brick oven out in the yard or, if the family was small, in their own wood oven. Most wives did their own sewing; if one could make children's clothes one was in much demand. Sometimes payment was in cash, otherwise in exchange of goods. A good-quality overcoat would be unpicked and remade and come up like a new coat, as would woollen skirts. Jackets, socks and at times singlets were knitted in lovely soft spun wool — in the very early days



spun from local wool or from one's own sheep.

Everyone had woodstoves and open fireplaces, and the coppers to boil the clothes in were wood-fired, so it took a lot of work to keep them all going, but there was no shortage then of this commodity. Lighting in the homes, business houses and the streets were candles and kerosene lamps. It was quite a task to keep the glass of the lamps clean; some were of poor quality, and a ladies' hairpin was hung over the top of the glass in the hope of preventing it from cracking.

Romantic stories were told of the street-lighter doing his rounds lighting up at dusk and extinguishing the lights at daybreak. Usually he was mounted on a lovely horse. Horse-drawn carriages were the fashionable means of travel at that

time, but horseback or just steady walking got you there. With the advent of bikes, trains and motorised vehicles things began to change.

Most farm people had a number of cows according to the amount of land they had, and some country-town dwellers ran a cow on the outskirts of the town. On the farms, cream was separated from the milk with a hand-turned separator. The milk was brought into the clean airy dairy, strained through scalded cheesecloth and poured into a big roundish bowl which underneath had steel discs called cups. The handle was carefully turned, and skim milk came out one spout and cream the other. Mostly the children had to do this chore and it was not a simple one; if the rubber above the cups was not set just right milk would pour out down the sides of the machine, making a mess and providing a breeding ground for bacteria. A cream man in a covered horse-drawn wagon came along twice a week to collect the cream in one's own cream can, leaving a clean one. Of course the can was thoroughly scalded because each can of cream was tested and graded at the butter factory in town; it was a severe blow to pride and pocket if the grade slipped a little. Cool wet cloths were placed over the cans in the hot weather to prevent the cream from going sour. Some people had a cool underground cellar and the milk and cream could be kept there; it was always wise to check before entering the cellar that a snake had not wriggled in to keep cool.

One's own poultry were often on the menu; rabbits for free were everywhere, and in the open season, plenty of fish in the rivers and lagoons. Wild duck was also desirable fare, and there were quail in abundance. Children would go yabbing in the dam with a piece of string attached to a stick, which would be jabbed into the bank. Onto the free end of the string was tied a piece of lean meat. To retrieve the wily yabby when he clenched the meat with his claws, a net was prepared: the corner of a hessian sugar bag was cut off and stitched with string to a circle of wire with a handle. You held your breath and expertly flipped the net under the yabby. Competition was fierce as to who caught the most. Boiled and shelled, the yabbies are delicious.

Groceries were bought in bulk for convenience and to save money — flour, for example, in a 60-lb calico bag. For self-raising flour, cream of tartar and sodium bicarbonate, and for wholemeal bread bran, were sifted into the flour in correct proportions. Sugar also came in a 60-lb hessian bag which had many uses. Unpick the bag, rub the printed name well with kerosene and leave for a while, wash and rub well in warm soap suds. Stitch around the bag, put a tab on one end, and you would have a useful towel for very dirty hands. Peg bags, tucker bags, fishing-tackle bags were also made, and an apron for washing and gardening bound in pretty leftover cotton material.

Kerosene could be bought in 4-gallon square tins; cut diagonally from corner to corner and folded over, they would make two dishes — one to wash up, one to rinse. Cut in half these tins could also be used to boil small amounts of washing in; when worn out the tins were used as flowerpots.

Feathers from dressed poultry were used in pillows, cushions and eiderdowns, the coarse feathers were stripped for use. Fat from slaughtered beasts was rendered down

slowly and strained into a bowl. It too had many uses. Suet puddings from the beef fat, soap from both beef and mutton fat. Sand soap as well as washing soap and toilet soap could be made from used fat; mutton fat, with a few drops of lavender water to improve the odour, softened work-roughened hands.

An excellent tonic for a frail child or adult was a teaspoonful of raw fat from a sheep's kidney, finely scraped and placed in a cup of hot milk with a pinch of salt or a small amount of sugar to improve the flavour.

Sheepskins could be made into floor mats at home. Bullock hides were tanned in a solution of wattle bark; the leather was used among other things to resole boots and shoes, or plaited to make rawhide whips.

With only tank and well water life was not easy. With the great depression came a drought, and many were out of work, including professional people. Men packed a swag onto their backs and carrying a billy, frying pan, plate, cup and cutlery, walked the roads looking for work. Most housewives gave these poor swaggies a billy of hot tea, and some bread and eggs when possible. Some offered to work or chop some wood in return, but many property owners could not afford to have an insurance policy to cover them if injured.

Ours was a mixed farm, so there was always something to sell to pay for the necessities of life: eggs, poultry, fruit, butter and honey were but a few of our saleable commodities. My father, an energetic, hard-working farmer, was in fact paying off three pieces of land during these difficult years. He managed to do this by sharecropping with a neighbour. The oats were stripped and sold and the rest cut into chaff in the hayshed for stockfeed and for sale. This kept our heads above water. Of course we all worked hard then — there were few distractions and we children were expected to pull our weight in a manner the modern child could not comprehend.

Looking back, these were hard but joyful days. Life was less complicated than it is today, our material needs were not so great and we felt that if we worked and strived hard, respected the Lord and had an occasional day out then we lived a satisfying life. Those days hold many happy memories for me but no doubt there were many times when my parents worried and wondered when it would all end.

I remember the closeness of our family life, the generosity my parents always showed to those in need, the neighbourly spirit of our farming community and the highlight of it all, the social events; an occasional dance in the local hayshed or church hall, school picnics, flower or agricultural shows, tennis, church and, as a special treat, Sunday afternoon in town listening to the band playing. Family sing-alongs were held at the drop of a hat.

But I couldn't go back — in fact there is not going back because times have changed so dramatically. These days I like a comfortable life, but I still preserve and make jam, sauce and chutney, bake my own cakes and biscuits, mend rather than discard clothes; my husband grows our vegies and we swap the surplus with neighbours and farming friends. The young people today living their alternative lifestyles are to be admired — the life they aim to lead is for their age group because the young are full of hope and energy, and you need a lot of both for successful 'old-style' living.

DOONARISING WITH DIGNITY

by Nola Rixon, Strathfieldsaye, Vic.



A very corruptive element has crept into our respectable household. So corruptive in fact, that one can usually find 'Bertred', the housespouse, reposing resplendently under it on any cold winter morning whilst the breadwinner of the house makes the kids' brekkies before sending them off to school. It is not unknown for her then to join him in his haven for a few illicit minutes before venturing out into the frosty air to earn a crust or two, leaving him to the domestic chores.

Can you guess what this pernicious element is? What could be softer, warmer and cuddlier than our home-grown, home-plucked and home-stuffed feather doona? Actually I had intended keeping it and the patchwork cover under wraps until after the Mandurang Orchid and Art/Craft Festival in early October last year. With the record cold winter, however, the temptation was too great and it ended up on the bed. What an amazing difference from conventional bed coverings — so much so that I have had to threaten 'Bertred' with its removal if he can't show a little more resistance to its comforts (he married me for my saw kit and now loves me for the doona) and get the housework done earlier.

If you feel that you would like to be frolicking beneath your own home-made feather doona next winter — well, to start with, you'll need a lot of plucking feathers. I suppose it took us about 18 months to collect sufficient feathers. On each 'farewell day' to our ducks or geese we would separate the smaller feathers from the ones that were to go into the compost heap. The next step was to put them into pillowslips with the tops *securely* tied and plop them into the washing machine to be washed. I must say that experience has shown us how easy it is to end up with a feather-lined washing machine.

After removing the feathers from either the machine or pillowslips — depending on the security of the tying — I put them in the cane washing basket as that provides the necessary ventilation to stop them from going smelly and rotten. Then they are placed either beside the fire or outside depending on the season. If put outside they need a light cover over them to stop them blowing away, and they also need to be turned regularly to ensure that they all dry properly. We find it interesting to watch as they dry out — rather like a mushroom growing or bread rising, only fluffier.

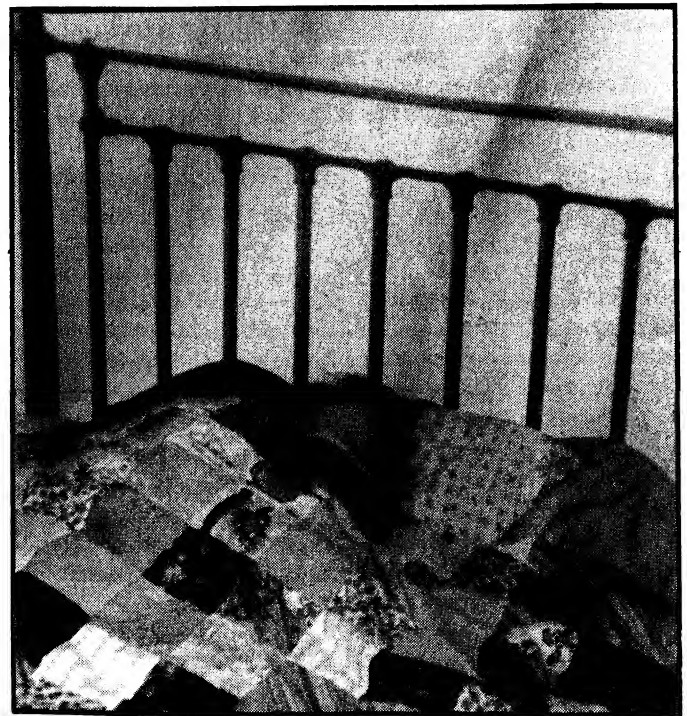
The feathers were then stored until we thought we had enough to do the job. When this point was reached we purchased some calico that was on special for \$1.00 per metre, and as the doona was to measure 2 m x 2 m the cost was \$8.00. I sewed it up into the proposed size case, and then sewed eight equal-sized pockets. Now the fun began — stuffing the feathers into the pockets. This was no easy task

and it seemed that the further I went the more feathers I inhaled (ever read about 'feathers on the lung' in the medical journals?), not to mention the state of our immediate surroundings and sleeves. Feathers adorned every knick-knack we possessed. At one stage I felt so frivolous that I was very tempted to tip them into a big heap and have the whole family frolicking in a bath of feathers.

We actually survived this fateful exercise and the pockets were quickly secured. I might add that there is still the odd piece of evidence of that cold winter night — the spiders' webs hanging from the ceiling have been transformed into instant fluffy mobiles to bob around in the breeze.

The next step was to gather material to make a patchwork cover. My first stop was the Salvo's Op Shop to purchase various items of clothing in the colour tones I wanted plus three remnants of gaberdine costing 50¢ each — each made a pillowslip and numerous 13-cm squares. I must admit that I was also to be seen in one of the large chainstores purchasing some materials on special for \$1.99 per metre.

Many square-cutting evenings later we found that we had gotten carried away and cut far too many squares. However, when sewing them together, I once again got carried away and had enough done for two covers before you could say 'Jack



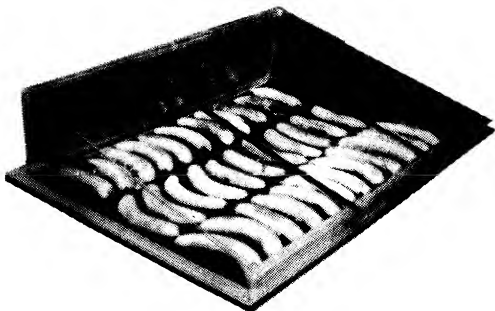
Robinson'. Being a person without great reserves of time and patience I sewed the squares together randomly, only to see the real effect when they were finished — there were a few squares that were doubled up, but no-one could say that the covers were not original! The second cover became a house-warming present for a friend.

Next I purchased some cheap backing cotton and some more \$1.99 *el cheapo* to put a frill around them, and made some ties to secure the doona safely inside the cover (couldn't have it flying away after all this work). Then the momentous occasion of actually placing the doona inside the cover and seeing exactly what it looked like on the bed, as well as experiencing being under it. After speaking with other people who have 'conventional' doonas covered with japara, we feel that maybe the calico-covered ones are not so hot and sweaty as the japara (and much cheaper) because it is open enough to breathe, yet fine enough to keep the feathers encased.

Our geese are nesting at present and hopefully there will be good results — meaning that just before Christmas we will be back into the feather business once more. Oh no, not again! 'Get out from under there! It is now *my* turn to doonarise.'



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Joy is not in things, it is in us.

Richard Wagner.

STRAY LEAVES

Never despise or lightly regard a pile of autumn leaves. They, with the millions of others that fall with them, do not merely rot away. They still have a job to do, that of turning into compost, which in time will replace the nourishment taken by them from the soil as the shade-giving foliage of summer. In the providence of a wise Creator nothing need ever be lost. Even that which we may regard as 'only leaves'.

Here are a few suggestions for some other uses for 'stray leaves'.

MINT LEAVES, dipped into egg white thinned down with a little slightly warmed water, then sprinkled with finely granulated sugar and left to dry, can be stored in a cool dry place and used to garnish salads, fruit cups, punches and desserts.

CELERY LEAVES, dried, crushed and seasoned with salt, can be stored in airtight bottles and used for flavouring soups and stews.

Cold TEA LEAVES enhance the flavour of stewed prunes. Leave them to soak for several hours before proceeding in the usual way. The flavour of dried fruit to be used in cakes and puddings can also be enhanced in this way.

Take a handful of NETTLE LEAVES, well washed and finely chopped, add to a packet of made up chicken noodle soup, simmer till tender, season to taste and serve.

A PEACH LEAF, stirred in during the cooking process, enhances the flavour of boiled custard.

A washed LEMON LEAF added to milk that is to be used for a milk pudding or baked custard gives such a delightful tang that no other flavouring is needed.

To cure dandruff crush a handful of lemon leaves and add to the water when shampooing the hair.

To remove shine from dark cloth, boil a handful of IVY LEAVES in enough water to cover for 10 minutes, then simmer for 2 hours until a good dark colour. Strain and add 1 tablespoon ammonia to each 500 ml liquid. Bottle and label clearly. Store in a safe place.

Soak an ivy leaf for 2-3 hours in lemon juice and apply to a troublesome corn following a long hot bath; cover with bandage. Repeat daily until corn is ready to come away.

Fresh BLACKBERRY LEAVES, crushed between the fingers and rubbed on the skin, will check bleeding from scratches inflicted by its thorns.

LEEK LEAVES, macerated in vinegar for 24 hours and applied for several consecutive nights to plantar warts, will render them easy to remove.

This article is reprinted by permission from *Herb Thymes*, the magazine of the Herb Society of South Australia, April-May 1982 edtn., PO Box 140, PARKSIDE 5063.

Sandra's Soap (Feedback) No. 33, p. 12.

Point 5 of the instructions should have read '2 capfuls (not cupfuls) of eucalyptus oil.' Horrors! We apologise for this error and hope no would-be 'soapies' have been caught out with it. Sandra also suggests vanilla or almond essence as an alternative to eucalyptus oil.

101 USES FOR A DEAD BUCKET

OR

'THERE'S A HOLE IN MY BUCKET'

by Jill Redwood, Cann River, Vic.

Plastic buckets are the bane of every back-to-the-lander. The sun dries them out and makes them brittle, goats and sheep derive a fiendish pleasure from attacking and splitting them and the buckets themselves seem able to transplant to devilish spots to trip up the unwary wood gatherer late at night. The result? A row of battered buckets—another \$1.50 'down the drain'.

Here are a few ideas to get you started on recycling those handy plastic receptacles that have been carefully designed to split, collapse or crack at the stress points.

Depending how serious the complaint is, you can find quite a number of uses for a damaged bucket. For instance, in the garden they can be used as an underground planter for vigorous herbs that tend to take over each summer (1). This helps contain the roots (but you still need to watch that the tops don't strike). A bottomless bucket placed upside down over celery will make it grow stemmier (2).

In spring, use buckets to cover rhubarb plants to force them on early, or if you have a slug problem, use a cut-down bucket buried at ground level as a trap with beer in the bottom (3). They make a good-sized pot for starting trees in, and for pots which need a large drawing saucer, a bucket without holes can be cut down to 3-5 cm (1-2 in) high to stand the pot in. You can even cut a design in the top if you want to be flash (4).

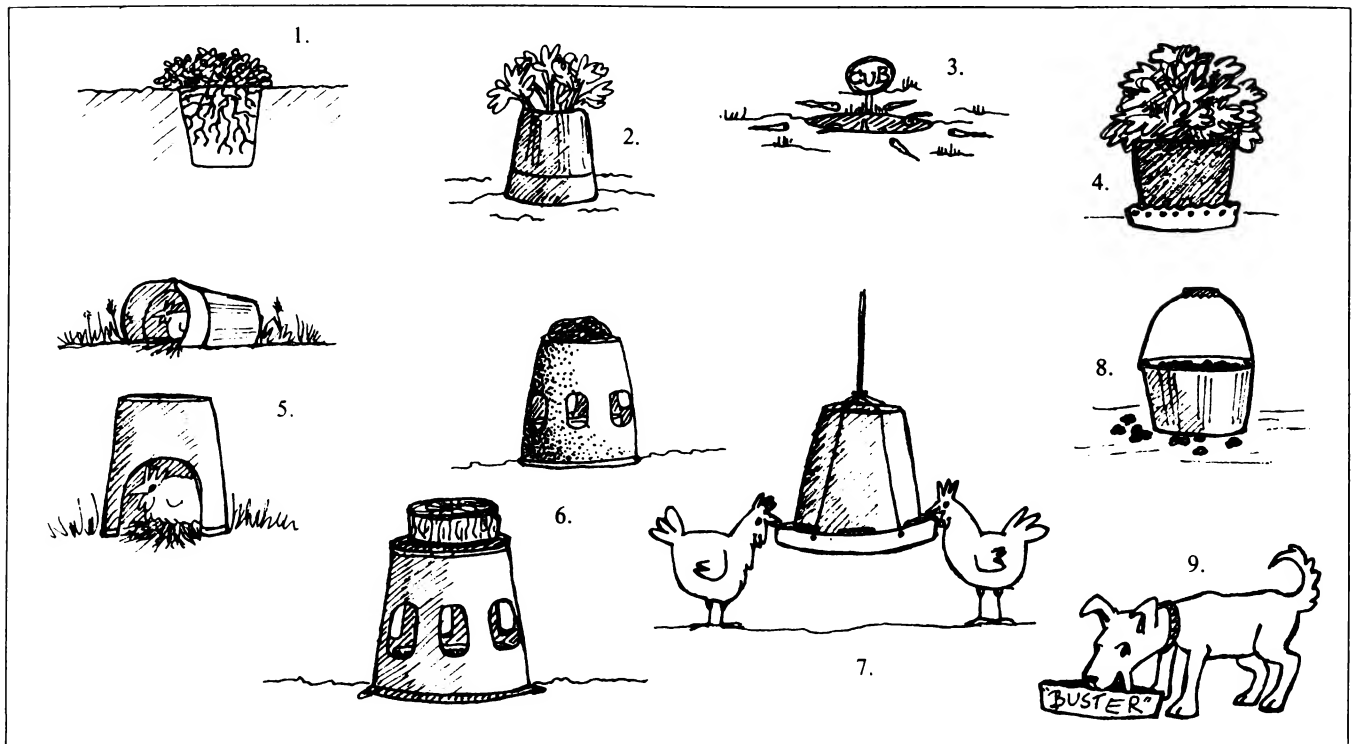
Now, shifting from the garden to the chookyard: buckets make dinky little bantam nests, on their side or on their heads, like so (5). And if you get a bit jack of water bowls that are continually being tipped up or soiled, put an upturned bucket over the bowl and cut long holes around the side every so often (6). This stops chooks scratching dirt into the water.

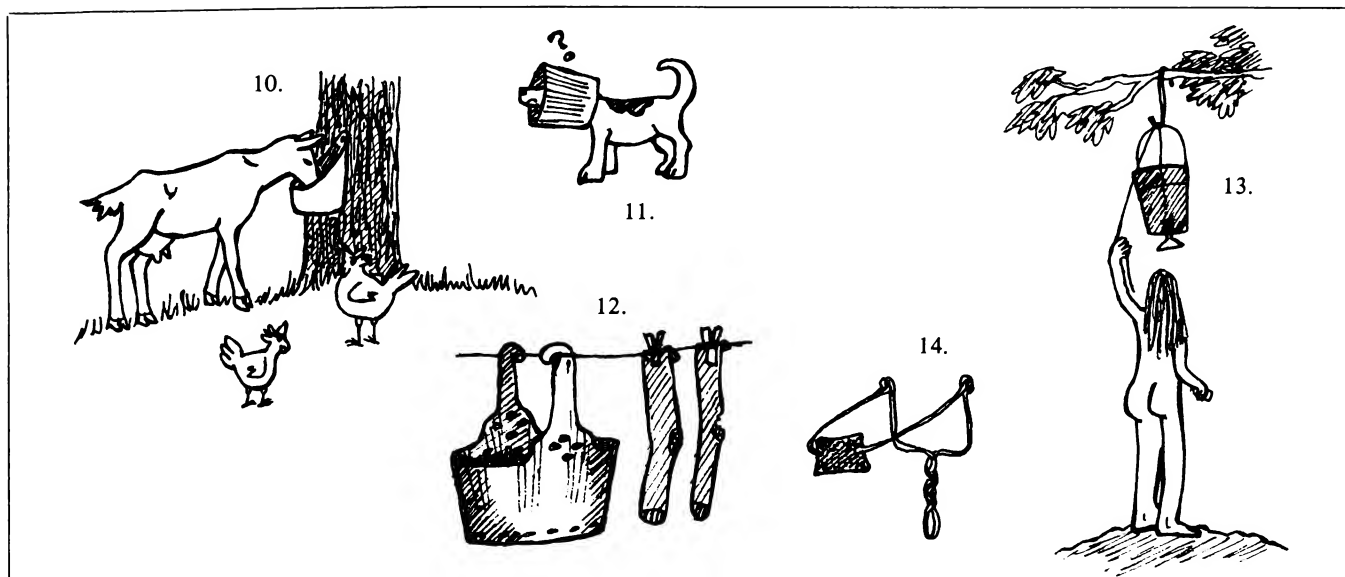
You may need to weight the top. (The holes need to be long to allow the birds to tip their heads up as they drink.)

For a mouseproof feeder, find a shallow dish an inch or so wider than the top of the bucket. Upturn the bucket in the dish, and around the bucket's top (now bottom) cut holes no higher than the depth of the dish. These allow the grain to keep the dish full as it is eaten. Now, to make it mouseproof, use strong string or hayband to tie in three or four holes around the dish then up through holes in the top of the bucket; alternatively, tie the strings together tightly over the bucket to hold it in place. Hang it from the roof about 25 cm (10 in) from the ground. This also prevents chooks from sitting on the feeder (7).

Cut-down buckets also make handy little carry tubs. Cut a bucket to the height that suits the need, punch or melt two holes in the top and push the handle back in. A shallow bucket is handy for collecting eggs, berries, mushrooms, and so on (8).

Cut buckets down to size to make dog feed and water bowls (9). A handy feeder for a goat or sheep (especially if you have half the fowl yard tucking in as well) is a bucket cut like so (10) and nailed to a tree or post, using washers under the nail head. For a dog that has a sore spot on its head that needs to heal away from scratching paws, a bucket cut to size





and put over the neck prevents scratching (11).

A humble peg basket can be made to hang on the line, if 'arms' are cut up the side of the bucket with hooks on the ends (12). A bush shower can be rigged up simply by punching umpteen holes in the bottom of a bucket. Don't make them too big or too numerous or the water will not last long enough. Or, if you want a more elaborate rig, secure a shower rose on the bottom, and plug up the hole inside with a cork on a string, so you can 'turn' it on when you're ready (13). I

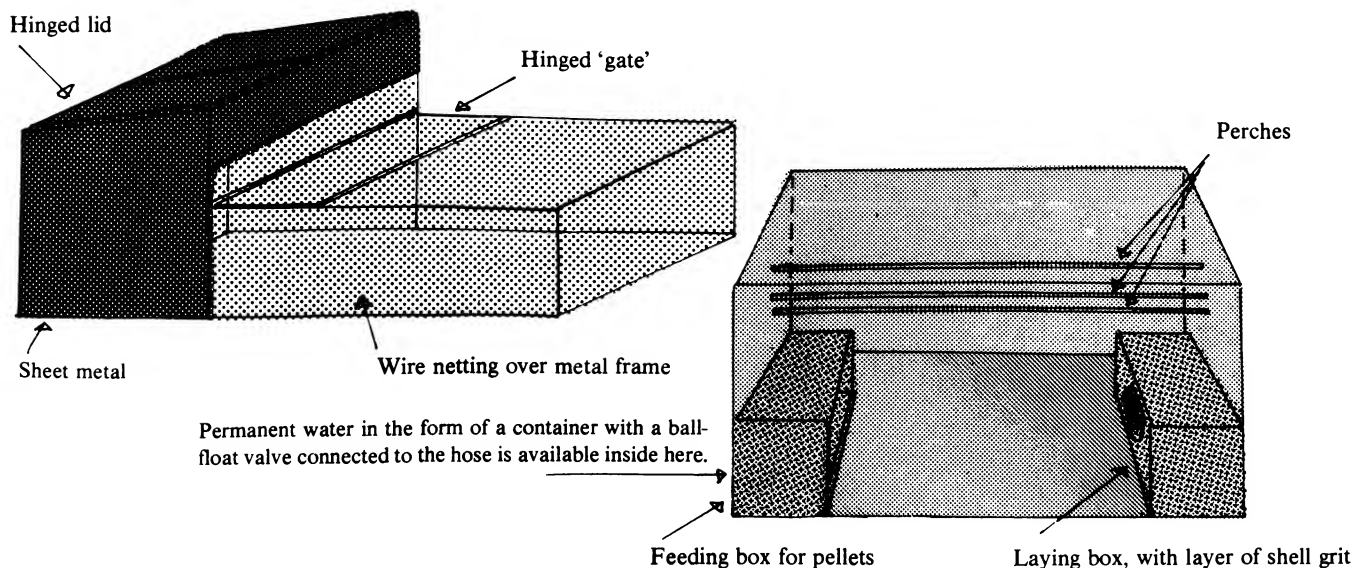
have also seen buckets used as lightshades to give a more subtle light.

I am sure there are many more uses for that holey bucket than I have mentioned. Old tin buckets are much better for recycling, if you can get hold of them. Tips are a good source of retired buckets that can be rehabilitated with a bit of imagination. Wire bucket handles are also quite useful for bending into hooks, latches, or shanghai frames (14). Limitless possibilities for an old dead bucket!

LAZY COMPOST HEAP/CHOOK RUN

by Joyce Biver, Boya, WA.

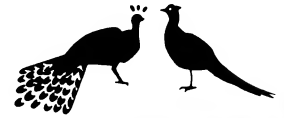
My lazy compost heap is a 2 m x 1.5 m mobile poultry run. Into it I chuck all the kitchen scraps, lawn clippings, etc., with regular shakings of garden lime. After about six weeks move the run, dig over the soil and hey presto! a well fertilised garden bed. The run takes 12 hens comfortably.



Peafowl are the aristocrats of the poultry world — exotic, temperamental and expensive. With more and more people breeding them, they are becoming easier to obtain — but once you have your lovely birds how do you care for them? Because there is a dearth of information on breeding and caring for peafowl, last year we appealed to readers to share their knowledge. Several have kindly put pen to paper. Hopefully the following articles will help to fill the gap.

PEACOCKS ON THE LAWN?

by Agnes O'Donnell, Wandiligong, Vic.



When we became full-time country-dwellers seven years ago, one of the first of my ambitions to be fulfilled was the acquisition of a pair of peafowl. I think the idea was part of our concept of the country house syndrome — peacocks strutting on the lawn while we ate cucumber sandwiches in the shade of the elms. Well, we got the peacocks, but we have been too busy mowing the lawns, growing the cucumbers and their relations and fighting the elm suckers to sit down to tea in the garden.

We were told by the people from whom we bought the first pair that we should keep them shut in for at least a fortnight. At that stage our shedding was rather inadequate, and they had a very small house. They looked so miserable in close confinement that we released them on the sixth day. They honked loudly and took off downhill, while we watched sadly, thinking we had seen the last of them (and of the \$50 they had cost us). However, after an hour or two of leg and wing stretching they came back to join the chooks scratching around under the chestnut trees.

They immediately adopted those same chestnut trees as their night-time roost, even though it was wintertime — leafless trees and cold, wet weather. This has been the preferred sleeping place of all our peafowl since, though we now have a shed called 'Peacock Palace' where I feed them and occasionally shut them in, especially when we have young ones or if I want to catch some to sell. Twice we have bought a new hen and each time five to seven days confinement has been sufficient.

The peafowl eat with the chooks and ducks, apparently quite happy with wheat and pellets. They forage constantly, and are great grasshopper hunters, darting about our hilly paddocks with enthusiasm.

We had difficulty gaining information about peafowl rearing until I wrote to the Education Officer at Melbourne Zoo. He kindly sent me extracts from two books, which gave us useful information about nesting habits, food and other needs. The books from which the extracts were taken were *Bird-Keeping in Australia* by Ian Harman (Angus & Robertson) and *Encyclopaedia of Aviculture*, eds. A Rutgers & K.A. Norris (Blandford Press 1970).

If you are considering keeping peafowl, remember that as well as their beautiful tails they possess voices that must be very close to being the loudest and most hideous in the bird kingdom. If you have sensitive nerves or near neighbours then I suggest that you look for quieter pets. For about eight months of the year the noise is bearable because it is not too frequent, but throughout spring and early summer the cocks continuously shriek horribly, often during the night as well. They have a number of different cries, all pretty dreadful.



Although not as vibrantly coloured as the cock, the peahen is an attractive bird with earthy coloured feathers tinged with green.

The other disadvantage of keeping peafowl, at least in our situation, is their habit of hiding their nests. To call them nests is really being very polite — a shallow hollow on the ground in tall grass or light scrub, with no protection at all except the neutral colouring of the mother, is considered sufficient. We spend hours every spring searching the nearby bush and our neighbour's blackberry bushes in the hope of finding the hen before a fox does, and then building a fence around her. In our first year we left the hen sitting in a grassy paddock near the house, telling ourselves that a fox would not come so close. We were wrong!

Next time we decided to move hen and eggs to a safe place, with the result that mother lost interest. Luckily we had a broody chook which successfully hatched the eggs. Five chicks flourished for a few weeks, but all succumbed after a week of mournful cheeping and loss of energy. A peacock owner told us that red-mite infestation of fowls is fatal to peachicks. Since then we leave mother in peace, but enclose her until the eggs hatch when we transport her and the chicks to the shed, where they stay for a few weeks. By then the chicks are very active, and able to fly up into the trees with their parents. (It is very important to handle chicks with care — they are very fragile.)

The material sent to us by the zoo says that peafowl lay up to nine eggs, but our hens seem to lay from three to five eggs before sitting. The incubation period is 28 days. This year we have one hen sitting on an empty nest. When I finally tracked her down there were two empty eggshells nearby — I suspect

crows as the thieves. I am hoping that she will manage to lay some more eggs.

The hens do not breed until their second or third year, and the cocks' beautiful 'trains', as they are correctly termed, also begin to appear at this time. We have an almost two-year-old cock whose tail is short and straggly, but the two hens seem to prefer him to the old cock with his magnificent train. The cocks lose their trains in December and January each year, at the end of the mating season, and have grown their new and increasingly splendid ones by about three or four months later.

Peafowl have a disconcerting habit of shedding feathers when caught. It is most alarming the first time it happens, but seems to do them no harm. I imagine that it is a defence mechanism, like that of lizards who shed their tails to confuse a marauder.

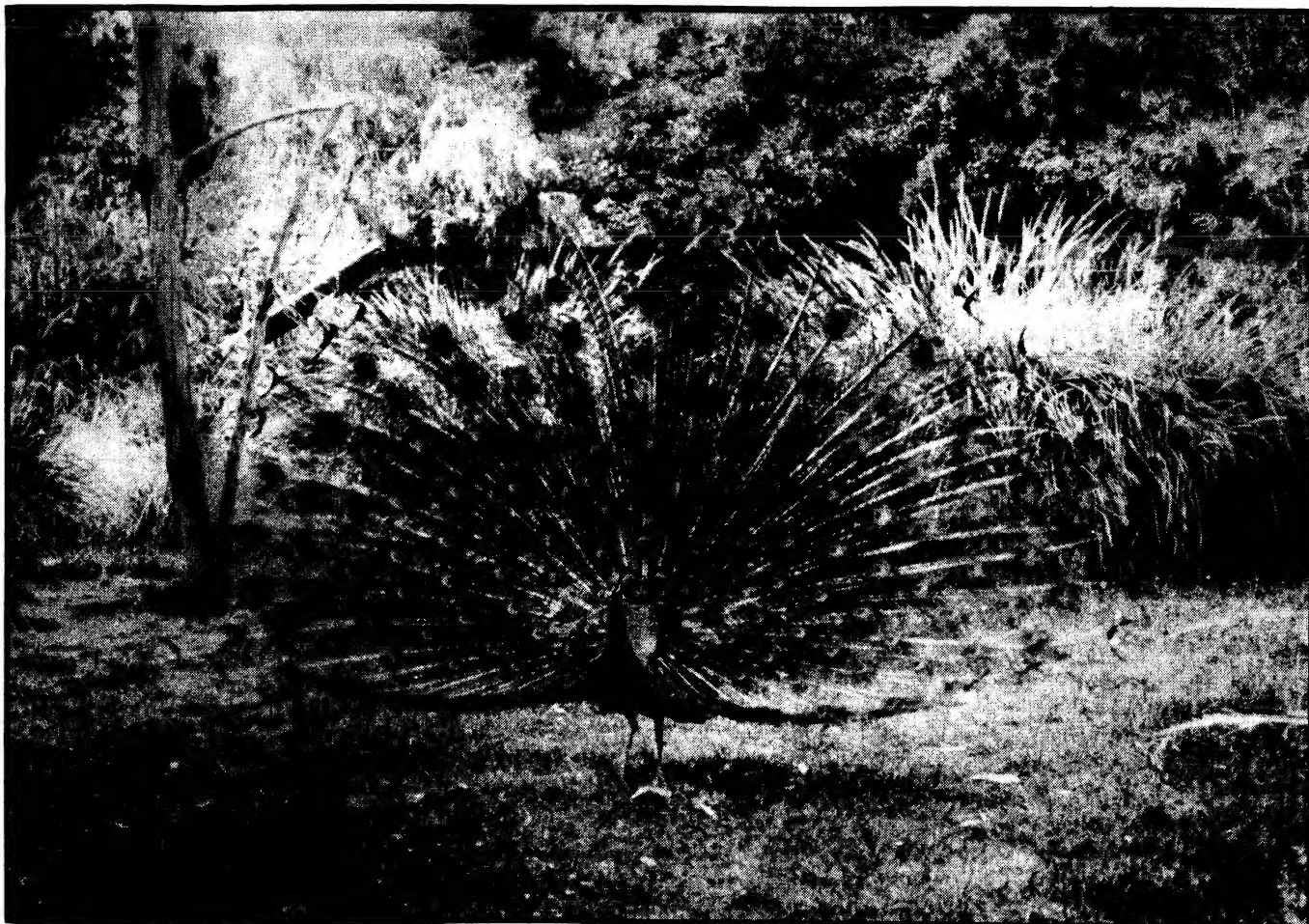
We sell a few chicks most years at \$25 each, so the cost of the four we have bought has been covered, and they have also paid for their own food as well as contributing to that of the chooks and ducks.

The noise can be overpowering at times and their habit of spending much of their time on the roof would be a



This young peacock is still growing his tail or 'train' as it is more correctly termed. It takes three years to grow a full tail.

disadvantage if we depended on rainwater (they leave huge droppings), but they are a delight to see wandering around the house and garden, and as far as I am concerned, to be able to watch the mature males displaying their beautiful tails compensates for the harsh screams.



The mature peacock displaying his fine tail. Each year the tail moults at the end of the breeding season and a new one grows to replace it. Each subsequent tail is several inches longer than the previous one until the bird reaches about 9 years old, when the tail has reached its potential size.

SOME NOTES ON KEEPING PEAFAWL

by John Meredith, Thirlmere, NSW.

Peafowl have been kept and bred from biblical times, and King Solomon is supposed to have kept these birds. The beautiful blue-green colours of the birds are too well known to need description; the main distinguishing characteristics are the crest or aigrette on the top of the head, and the peculiar structure of the tail covert feathers.

The true tail of the peacock is short and hidden. What we call the tail is, strictly speaking, an over-development of the tail coverts or side feathers, which occasionally have been known to extend for a metre and a half from their insertions. When the coverts are erected in display, they are supported by the shorter, stiff tail feathers.

The scientific name of the peafowl is *Pavo cristatus*. There is another variety known as the Javanese Peafowl, or *P. muticus*. It is longer than the common peafowl, and the male, which is frequently savage, may measure over two metres from the bill to the end of the 'tail'.

Peafowl are of a very wild disposition, and generally roost either in trees or the very top ridge of a roof, to which they fly with ease. The hen lays in the greatest seclusion, and must be allowed to select her own nest, usually deep in a shrubbery.

She generally lays from five to nine eggs, but sometimes considerably more. The time of incubation is about 28-30 days. One cock should not have more than three or four hens.

It is no use setting peafowl eggs under common hens, which forsake their chickens long before the young peachicks can endure the night air. The peahen goes with her brood nearly six months, and the chicks need this.

(Note: This information comes from an English book; in the much warmer Australian climate, this may not be true. J.M.)

They have, however, been reared in an artificial brooder.

Because of the difficulty of rearing the chicks without a mother, it is probably better for a person starting out with these birds to purchase a pair or trio of adults.

They are fed and cared for in the same manner as turkeys, but must be let out on the grass always in dry weather, or they will not thrive. The food ration is similar to that required for turkeys, but some worms or other insect food should be provided in addition, or else some raw meat or liver cut very fine.

Peafowl will become very tame, but the cock is often ill-natured and will beat and even kill other fowls, sometimes even attacking children. Because of this they are not suitable to keep in a general poultry yard. They are best kept away from dwellings, as their shrill scream, when near, can be very disagreeable.

Although peacocks like plenty of room, a farmer at Balmoral Village does keep and breed them quite successfully in large netted-over pens. On the other hand, at Dubbo the birds are released from their pens each day and roam happily in the adjacent park and gardens.

The danger of keeping peafowl with other birds is stressed by a passage in Konrad Lorenz's book on bird and animal behaviour, *King Solomon's Ring*.

He describes how, when two turkeycocks fight, the vanquished bird lays on the ground with neck stretched out in front. This has an inhibiting effect upon the victor, who stands over his opponent in a threatening manner, but can no longer bring himself to peck.

In a battle between a peacock and a gobbler, the peacock invariably wins. The turkey goes into the submission pose, but this has no effect on the peacock, who stands over the unfortunate victim and murderously picks him to pieces.

A PEACOCK'S TAIL

by Meg Miller, Shepparton, Vic.

When money was a little more plentiful a while back we lashed out and added some exotica to our poultry flock. We purchased a trio each of Guinea fowl, bronze turkeys, geese and peafowl. Now, several years on, we have almost a hundred Guinea fowl, thirty turkeys and half a dozen geese, but no peafowl. No prizes for working out that Guinea fowl do well here — but what of the peafowl?

Our original trio were ordered via an advertisement in the *Weekly Times*, and so eager were we to obtain them we drove down to Melbourne to pick them up at Spencer Street station. That evening we cut their wings and let them out into our large chookyard, hoping that as they settled down and became familiar with their surroundings they could free-range with the other poultry. Next morning when I came out to feed them one of the hens was up in the peppercorn tree. One glance at me and she fell out of the tree upside down, righted herself and took off across the paddocks. I watched in amazement as \$25 loped away.

The remaining hen and the cock never settled down. One morning a month or so later I found the hen dead, a great surprise as these birds are said to live for up to twenty years. The cock — Peaky, as we called him — was a nervous, highly strung bird who seemed rather lost. He was given to disappearing for days on end and many's a time I ran him home through waist-high crops at a speed truly remarkable. Keeping peafowl I'm sure is for the young and fit.

The foxes were a great bother at this time and we worried about Peaky constantly. He didn't want to stay at home, but we considered the roadside an unsuitable habitat for a peacock. So we purchased several more hens. Princess came from a backyard aviary in suburban Melbourne, and Priscilla and Petunia from a farm some twenty miles away. The latter two, being range-reared, were flighty but followed the quiet Princess everywhere. And Peaky? He moved from the right-hand side of our place to the left, perching on the low timber or trees by night and roaming the paddocks by day. He was

disadvantaged by his cut wing in not being able to fly high to safety.

One morning he turned up for breakfast with his tail in tatters; he had escaped the fox's clutches, but was less lucky the following evening: we later found a sad little pile of feathers where he had been caught. So much for our lovely *Weekly Times* peafowl.

We still had our three new hens, so set off to find a new cock for them. Finally we located an advert in a local paper for a young male. 'Ideal,' we thought, 'if he's young he'll settle in better.' David duly collected him and we were all smiles as we let him go. The hens eyed him shrewishly and promptly chased him off. 'Perhaps it will take a couple of days ' Well, those hens never gave him the time of day and he spent the next few weeks hovering around nervously at the back of our place. Then he too began to absent himself, at first for one or two days at a time, gradually increasing until finally he disappeared.

'Peafowl? Only for the trendies!' we decided. But we still had our haughty hens. They stalked around the chookyard giving short shrift to whoever and whatever stood in their way. Their sharp beaks sent many an unwary chicken chirping back to its mother — they were undisputedly at the top of the pecking order. They would take a dislike to the occasional hen or rooster and hound it around the yard, or terrorise the chooks and chickens locked up in the brooder cages. Finally they set their sights further afield and discovered the houseyard and its garden.

Because we felt responsible for Peaky's downfall we vowed not to cut the other peafowl's wings; this delinquent trio had full flight. The house roof became the major attraction at dawn with the three hens stomping around until they found a comfortable spot to shriek out their obscenities into the still morning. We folk 'downstairs' never acclimatised! One morning as we lay there groaning and moaning we realised the hens were in fact being answered by a far-off voice. Our recalcitrant young peacock had taken himself off to the densely treed garden of our nearest neighbour half a mile away! Each morning when the vocalising was over the hens patrolled the garden in case something had grown overnight. They particularly fancied seedlings and despite the most sophisticated protection always managed to strip the young plants of leaves. When it became obvious that we had to choose between the garden and peafowl, the decision was easy.

These days the young peacock is still living with the neighbours over the road and can frequently be heard sounding forth early in the morning. The three hens are a few miles further away at another neighbour's, where a lonely peacock was already waiting for them. The hens have set the last two years and brought out a number of peachicks, and between us all — the close neighbour, the far neighbour, the peafowl and ourselves — we all seem quite happy with the way things ended.

During the time our peafowl were with us we did learn some points which may aid would-be keepers.

It is essential to pen peafowl for the first couple of weeks to allow them time to acclimatise to the new surroundings, the food and you. Once they accept their new home they will not

wander far and will mix freely with your other poultry. We did not pen our second peacock and he never treated the place as home. The neighbour's garden to which he escaped was similar in style and tree cover to the place where he had been raised. On the other hand, our three peahens settled into their new home with a peacock already in residence without needing to be penned.

If you do pen peafowl, either temporarily or permanently, try to build a pen that encloses small trees or at least has shrubs growing in it, with plenty of room for the birds to move around in.

Peafowl love to roost in high places, as safety measure to protect them from dogs and foxes. So strong is this urge that our neighbour tells of seeing a peahen urge her chicks onto her back and by a process of scrabbling and flying reach a high branch in the tree. Do not (as we so ignorantly did) cut their wings — it deprives them of their only chance of survival.

Generally, up to about six hens are kept for every cock. The hens do not begin to lay until their second or third year, but continue thereafter for many years. The large eggs can be set under a chook or left with the peahen if her nest is in a secluded, protected place. This could vary from a dense thicket of bushes to the haystack. Setting hens are very vulnerable to foxes at this stage and peahens are not easy to re-establish in safe sites. This may be where your chook comes in. Chooks, contrary to what is frequently said, can and do make good mothers for peachicks. The breeders of Princess told a delightful story of chooks perched at night flanked by enormous but devoted peachicks. An old-fashioned breed that still retains broodiness as a strong characteristic — Indian Game, for instance — would be ideal.

Peachicks are not unlike turkey poults to raise and are vulnerable to some of the same diseases, the most notable being blackhead. This can kill substantial numbers of chicks and may be difficult to diagnose without a postmortem. Crushed garlic in food and water until well grown is the safest precaution if you do not wish to use proprietary drugs. When young, chicks can be raised on a mixture of finely diced hard-boiled egg and chopped greens (e.g. parsley or lettuce) with several drops of Pentavite, going on to a home-made growing mash of 1 part bran, 2 parts ground oats, millet, barley or maize, 1 part meatmeal and 2 parts ground wheat. As well, peachicks thrive on any grubs or insects you can find. Our neighbours give theirs just whatever the chooks get; the survival rate of the chicks is low, but since they are free-range this can be attributed to numerous other factors besides feed.

Finally, do not contemplate keeping peafowl unless you have plenty of room for them to wander around in — preferably covered with a variety of well-established trees and thickets of bush — or if you value the occasional sleep in; you will also need a birdproof vegie garden. Peafowl do not demand a great deal from their owners. Even so, we were found wanting!

GUINEA FOWL FOR SALE: I have for sale a number of these cheery, chattery insect catchers. Self-sufficient, healthy and relatively quiet. Lay well, though eggs best hatched under a chook. All ages, pearl, lavender and splashed colouring. Adults \$4.50, adolescent (sexed) \$2.50. Rail only within Victoria. Write to:

Meg, at Box 900, SHEPPARTON 3630.

A REAL HELPING HAND

by Pam Pratt, Coalville, Vic.

Several years ago we introduced Land Link, whereby city dwellers wishing to obtain rural experience could link up with a country household and become one of the family, helping out with all the house and farmyard chores. In GR No. 32 B.J. Russell wrote in with some rather disappointing experiences. Here Pam Pratt presents another side to the story.

Like B.J. Russell (GR No. 32), we decided that we needed help, on an occasional basis, and would like to help others who are interested in our way of life.

On our 230 acres we run beef cattle, coloured sheep, four goats, ducks and geese. We grow vegetables, grains, herbs and any useful plants and trees. We also sell herbs and crafts, so we have quite a range of activities.

Through GR and the WWOOF organisation we have had several working visitors. Unlike B.J. Russell, our experiences, with no exception, have been good ones. Maybe we've just been lucky.

Our first WWOOFer was Alan, who came at a most opportune time for me, as Ron was away doing a Permaculture Designers course and I, with the help of my mother, in her late 60s and not a farm girl, was feeding hay to the cattle each day as well as all the other chores. I could see Mum staggering a bit more each day but couldn't stop her from helping. Alan was therefore very welcome, and helped with anything that was needed. I could have done with his help a week earlier when the neighbour's cattle got mixed up with ours; it took us all day to sort them out, while visitors for the day got their own dinner, the washing machine overflowed, the truck had a flat tyre, and our son Eric, who is an epileptic, had a fit probably brought on by all the excitement. Why do all these things happen when Ron is away?

However Alan came again a few weeks later and again helped in various activities.

Niki and Caroline, two 15-year-olds, wrote a letter to GR asking for work experience. After answering their letter we had a phone call from some worried parents — what sort of people were we? Why did we want their daughters at our place? etc. I invited the parents to visit first, which they did, and we must have passed muster because the girls duly arrived.

I was also worried by the thought of two 15-year-old girls. Would they just muck around and giggle? I remember my daughter at 15! They certainly giggled a lot but they were terrific, and helped on the farm, in the garden and in the house. They even did some baking when I was called away for emergency teaching, because they knew I intended to bake that day. We enjoyed that week. I think the girls did too.

Lesley came from South Australia on the first leg of her trip around Australia, and despite the very hot weather we experienced during her stay she was anxious to do enough work to repay us for her board and lodging, which she certainly did. I was worried about the food situation as we are meat eaters and Lesley is a vegetarian, but we managed fairly well I think, although maybe it was because she was hungry that she took us out to dinner on her last night with us! Hello Lesley, wherever you are.

By contrast, the weather was cold and wet when Imre

arrived from Western Australia. He stayed and worked with us for a couple of days before heading for the warmer weather in Queensland. At this time our accommodation became very limited as the SEC decided that we must vacate our house because the 500 kV transmission wires were strung, although no electricity is connected to those wires yet. They provided us with a mobile home, 12 m x 3 m, so as our son was home while Imre was here we were rather crowded. Imre helped Ron erect our 6 m x 12 m garage which we will use as a lapidary workshop, and for craft and herb displays and sales.

Wayne, who is doing a farm course at Wagga, came for work experience in the holidays and was also very helpful and anxious to experience as many facets of self-sufficiency and farming as he could. He also helped with the building and fencing despite the rain. I even taught him to spin and knit.

It seems to be either very hot or very wet when we have helpers; nevertheless, jobs still have to be done.

We would certainly welcome any of these working visitors back again or any others like them. We have also had several letters from other people who said they would like to come, but have not arrived or written again. Maybe some of them will turn up sometime. All our workers so far have worked the same hours that we do; perhaps Ron's background in agricultural education keeps them up to the mark.

We will soon be in our new house and will have plenty of room for visitors, and also plenty of work, with new gardens to establish, fencing, setting up our herb displays and millions of other jobs that have been set aside during rebuilding.



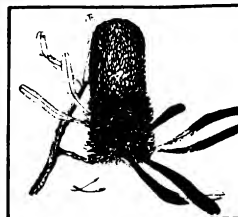
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BUILDING: FOR LADIES ONLY!

by Rob Harle, Wyee, NSW.

Don't be misled by the title: we know there are many seasoned and capable women builders around. This article, however, is intended for those women (and men) who have little experience of using tools and construction. You can do it!

The prospect of building a home single-handed nearly always overwhelms normally confident, capable women — but it shouldn't do so. The only barrier preventing women designing and building shelters is their own lack of self-confidence in this regard. The reasons for this lack of confidence in a male-dominated field are obvious, though things are gradually changing.

An average healthy woman has more than enough physical, emotional and mental strength to build a home for herself — even totally by herself if necessary — provided she *believes* she can, and provided she tackles the project from start to finish slowly.

'Slowly' means not only working physically slowly on the job, but taking time to learn new skills properly, taking time to work out how to achieve the best results with the least effort.

The modern term 'lateral thinking' means the ability to solve problems by unorthodox or imaginative ideas, and this is the first skill the intending lady builder should learn. Once you are good at lateral thinking, complex problems and mountainous obstacles will dissolve before your eyes.

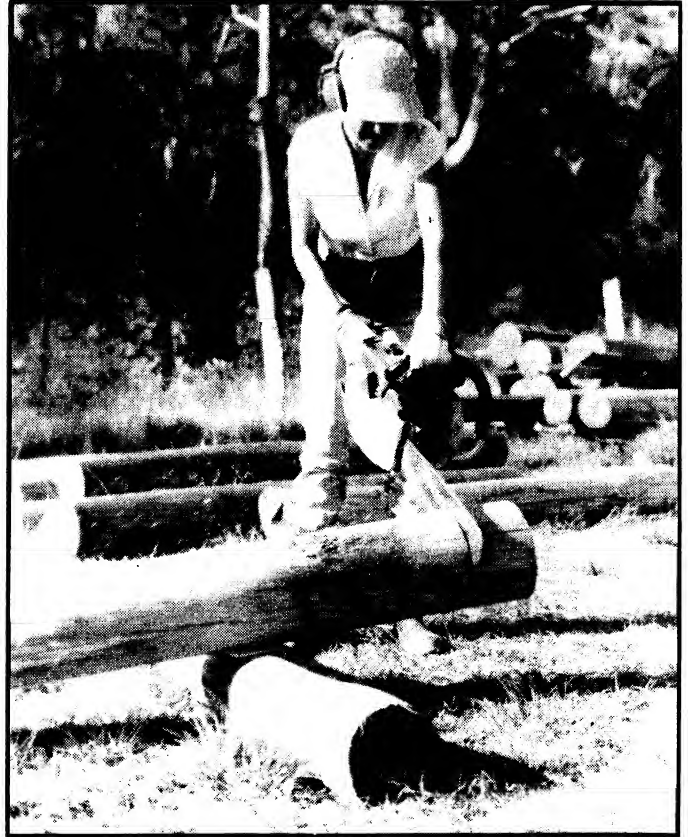
Physical Strength

One of the most common fears among women is that they are not physically strong enough to build. I think this stems from seeing a finished dwelling as a large heavy structure in total, rather than a numerous amount of small, lightweight bits and pieces.

The difference between the weight an average male and female can lift and move about is actually quite small, and above about 40 kg (a bag of cement) both sexes have to stop using brawn and start using brain power; if they do not, the inevitable hernias, back problems and strained muscles eventuate. Never lift anything that you feel is too heavy for you. If you plan to have a large log as the centre support in your shelter, which neither female nor male can lift and place, you have to use pulleys, jacks or machinery, all of which require little strength to operate.

When the weight is too heavy for comfort you should resort to *leverage*. All builders should become thoroughly familiar with wheelbarrows, pulleys, hydraulic jacks, pullers and rollers. A tripod arrangement of steel pipe with a block and tackle, similar to those used to lift the engines out of cars, is a good asset to any builder. It allows you to raise heavy objects to almost roof height with little effort and can also be used to put in heavy fence posts and tankstand supports.

Once you realise that it's easy to move stones or bags of cement in a wheelbarrow, one at a time, you are well on your way to success. If you can dig a vegetable garden you can dig the trenches for foundations, and if you can carry a baby or a heavy box of groceries you can carry bricks, mudbricks and average-size pieces of timber. Try to think in terms of rolling, sliding and 'step by step' rather than lifting, shoving and 'instant placement'.



This lady builder weighs 6½ stone and can use a normal size chainsaw. Note sensible clothing, gloves, boots, ear muffs, cap to keep long hair away from chainsaw.

Tools

The type of tools you need will depend on the kind of construction (mudbrick, timber, etc.), but certain basic tools are common to all building projects. For digging foundations, dirt for mudbricks, post holes and gardens you'll need a mattock, spade and crowbar. These come in different sizes and weights: compare them carefully and select the ones that *feel* right for you.

You will need three saws: a fine toothed (panel) saw for joinery, e.g. cupboard doors, a hand ripsaw for cutting timber, e.g. rafters, and a chainsaw. Chainsaws, like most tools, come in various weights and sizes; select the weight that feels right by holding the saw out in front of you as if you were using it.

I think a chainsaw is essential particularly if building with bush poles, railway sleepers and large timbers. Once you gain confidence operating the noisy beast you will probably use it for all timber work (except perhaps kitchen cupboards). If buying a secondhand model, make sure you buy from a reputable dealer; you will not only be shown how to use and care for the saw but will be provided with service and advice as you need it.

When buying your saws buy the sharpening files and

'saw-set' at the same time so you can keep them sharp. If you can sharpen a kitchen knife you can sharpen your saws; ask someone to show you how, or learn from a book.

Next, you will need two hammers; an ordinary claw hammer (comfortable weight) and a small sledgehammer with a long handle. For most women, the correct use of hammers and saws presents the greatest difficulties. The secret is to develop a smooth rhythmic action. Attacking the head of a nail wildly with both hands holding the hammer is not the way to do it. Nailing overhead soon tires the arm muscles; if possible work downward so the weight of the hammer is 'dangling', so to speak. Always drill seasoned hardwood before nailing and use the correct size and type of nail for the job. Keep the face of the hammer clean and never take your eyes off the head of the nail. You do not want to be called 'lightning with a hammer' — never striking the same place twice.

Saws are designed to cut, not force, their way through timber, so it's better to use too little pressure than too much. If the saw bends or jams, as it often does, use a small wedge or a weight on the free end of the timber to separate the cut slightly.

To drill holes a *two-speed* electric drill requires the least muscle power. If you have no access to electricity, a brace and bit for large holes, and a *geared* 'egg beater' drill for small holes are your next best choice. As with hammering and sawing try to work in a downward fashion so your body weight does half the work. Keep drills sharp and allow them to cut, not force, their way through the material.

Some other tools you will need are a level, strong string line, square, tape measure, one or two chisels, a couple of adjustable spanners and a lightweight axe. Two or three large G-clamps are as good as another pair of hands for holding things while you work on them. A short 'snigging' chain will help move posts, poles and almost anything that can be dragged by tractor, car or block and tackle.

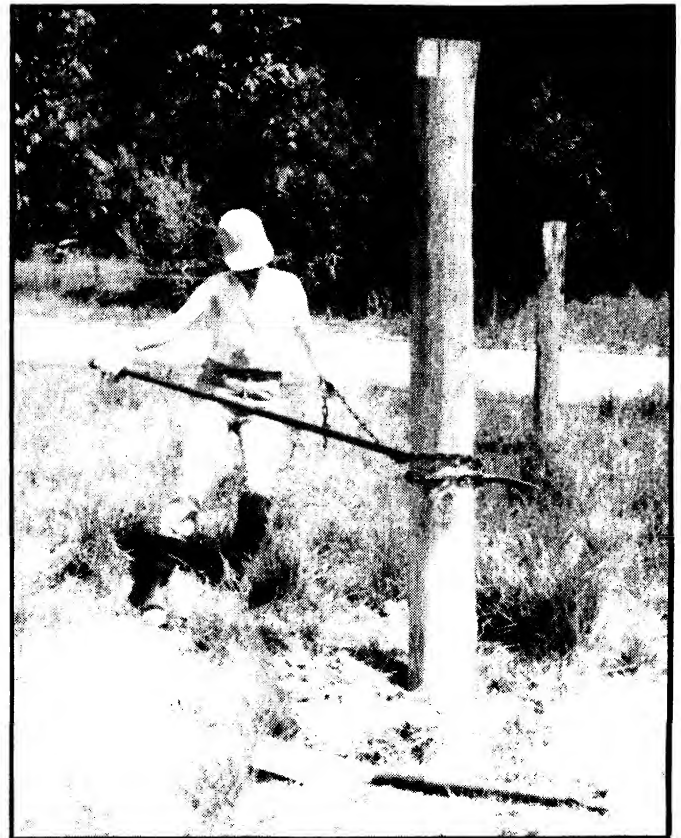
At the risk of repeating myself, there are three main points to remember about tools:

- (i) always keep them sharp;
- (ii) use smooth rhythmic action, preferably in a downward fashion;
- (iii) always use tools that are the heaviest weight that is comfortable for you — these may be slightly lighter than those normally used by men.

Safety

Not many people die from accidents on building sites but there are a great many serious injuries. Most of these could be avoided by observing simple safeguards. Fingers and eyes are far too valuable to lose!

The following safety precautions should always be observed when using tools, particularly machine tools such as chain-saws, cement mixers and drills. Long hair should be *securely* fastened out of the way, safety glasses should be worn when cutting or grinding, and loose flapping clothing and thongs should *never* be worn on a building site. It is a good idea to wear gloves when using crowbars or digging and when handling abrasive materials such as bricks and concrete. Always have sure footing, particularly when working at heights. Ladders, planks, trestles and scaffolding should be



To turn heavy poles wrap snigging chain around crowbar and pole.

The pole will turn to the desired position easily.

absolutely secure before you start to work from them. Tools left 'up high' have a habit of falling on people's heads, which is another one of the many good reasons for wearing a safety hat. When working with sharp tools such as chisels, always work away from your body. If you feel worried about doing a certain phase of the building, don't risk putting yourself into a dangerous situation just to finish it: stop, have a cuppa and think of an alternative way of completing the work. Provide good ventilation when sanding or using any type of paint or stain. And if it's one of those days when nothing is going right, it will be a lot safer and more productive to sit under a shady tree and read *Grass Roots*.

Taming the Hardware Salesperson

You may be fortunate enough to have more than one building material supplier in your area; if so, check out each one for both staff attitude and prices. If any members of staff seem to be almost human, befriend them, lavish them with praise about their building knowledge and ask humbly for guidance. Try to ask sensible questions and give accurate information about what you want to buy. For example, instead of asking for 'a drill about as thick as your thumb', you could ask for 'a drill suitable for use in an electric drill to go through 200-mm timber posts with 50-mm boards which will be attached with 12-mm bolts'. Even the most patient salesperson cannot sell you building materials if it is not clear what it is that you want. A clear drawing or sample will often do the trick when you do not know the technical name of the thing you require.

Building terminology is like a foreign language to novices.

If you familiarise yourself with metric measurements at the start you should not have too much to worry about. You will gradually learn the names of things as you go along.

Basic Planning

Legally all structures must be approved by the local council and also comply with local government regulations. The decision to obtain a building permit will depend upon your personal attitudes towards building regulations, the amount of time and money you plan to put into your shelter and the location of the land.

If you decide to do everything legally, you first have to get permission from the council to build on your particular parcel of land, then secondly submit detailed plans and specifications for approval.

After you have selected a building site upon which you are permitted to build, the next step is to design your shelter. I suggest you do this yourself in the form of sketches, notes and a cardboard scale model; then have a professional drafts-person draw up the plans for submission to council. The drafts-person's knowledge of regulations, building construction and the required presentation of drawings (plans) will save you a great deal of anxiety. If the drafts-person is sympathetic with your ideas and design, and you can discuss things you are not sure about, so much the better.

While you are waiting for the plans to be approved, go through the building sequence from start to finish, both in your mind and on paper. A planning chart (see below) will help you visualise each stage of the building separately, and allow you time to learn new skills before they are actually needed, and give you a base for budgeting and completion time.

General Hints

There are many books available for owner-builders. Try to obtain one or two of these that cover most aspects of building and use them for reference as required.

Visit building information centres: you can spend as much time as you like finding out about building materials and equipment — without being harassed.

Purchase booklets from the Experimental Building Station, PO Box 30, Chatswood 2067, on subjects relevant to your project. They have a free booklet which lists all the available publications.

Carry a notebook and tape measure so that you can write down interesting building information as you find it.

If you know of someone building, ask them if you can give



Sharpening her hand saw before starting work. Note G-clamps holding saw steady between two pieces of timber.

them a hand; even a few weekends of practical experience will be an asset to you.

Short courses in carpentry and other useful trades are held in most large towns; they provide good basic knowledge and are certainly worth the effort.

The only way your dwelling will get built is by your building it, so don't spend *too* long practising and procrastinating. Try not to worry about making mistakes, have fun and enjoy the creative process.

When you are sitting tired and dirty under a tree, gazing at your first house wall resting securely on a strong foundation, you will experience something that most people seem to miss out on today — a feeling of deep inner satisfaction. Have fun!

*** *** ***

Suggested reading:

The Owner Built Home — Ken Kern (Owner Builder Publications, Oakhurst, California, 1974).

Build Your House of Earth — G.F. Middleton (revised edtn Compendium/Second Back Row Press, 1979).

Dirt Cheap — J. & G. Archer (Compendium, Victoria, 1976).

Woodframe Houses, Construction & Maintenance — (Sterling, USA, 1981).

The Earth Builder's Companion — J. & G. Archer (Night Owl, 1981).

The Owner Builder Magazine — J. & G. Archer.

Living In The Environment — Alistair Knox (Mullalya, Victoria, 1975).

Country Women — A Handbook for the New Farmer — Jeanne Tetrault and Sherry Thomas (Anchor Press, USA, 1975). See review, p.88.

ITEM	SITE SELECTION	PLANS: DESIGN: COUNCIL	FOUNDATIONS	LOAD BEARING WALLS	INFILL WALLS	FLOOR	ROOF	FIREPLACE	WINDOWS	DOORS	PLUMBING
ACTION	CHECK LOCAL INFO. FOR BUSHFIRE AND FLOOD DANGER.	CONTACT COUNCIL. DESIGN HOUSE. ORGANISE A DRAFTSPERSON.	SET UP PROFILES. DIG TRENCHES. PLACE & TIE STEEL. ARRANGE INSPECT. ORDER CONCRETE.								
MATERIALS REQUIRED			PROFILE TIMBER. REINFORCING STEEL. CONCRETE.								
NEW TOOLS REQUIRED			CROW BAR. WATER LEVEL.								
LEARN HOW TO		DEAN SKETCHES TO SCALE.	ERECT PROFILES.								
TEACHING REQ'D.		DRAFTSPERSON.									
COST:		\$XX.00	\$XX.00								
TIME FOR COMPLETION											

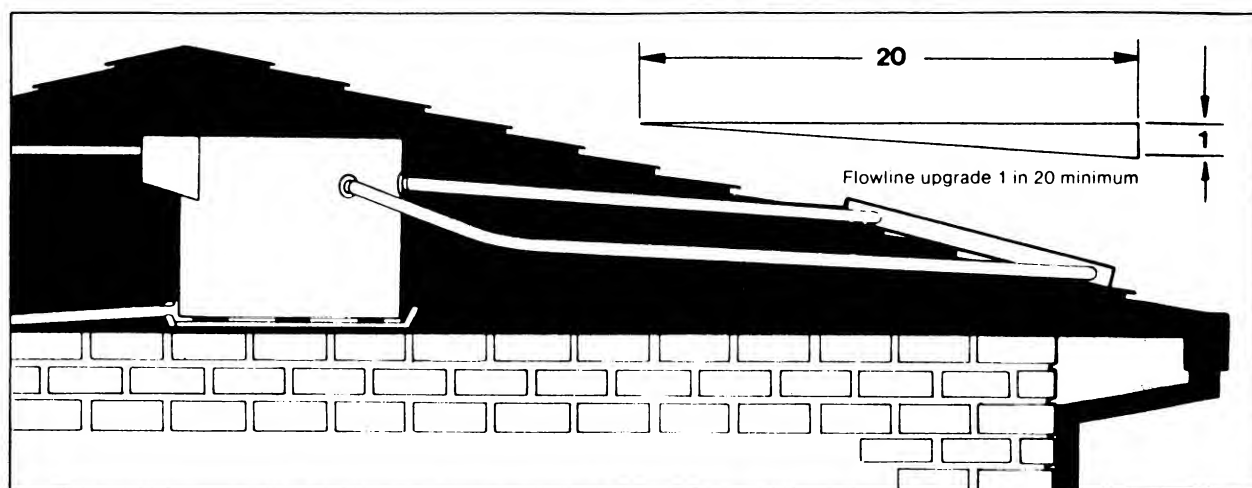
SAMPLE PLANNING CHART. (DEAN CHART ON LARGE PAPER; ADD COLUMNS AS REQ'D; FILL IN DETAILS AS EXAMPLE SHOWS.)



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ARTHRITIS

by Liz Lynes, Old Bonalbo, NSW.

I am prompted to write for two reasons. Firstly because a lady in GR No. 32 asked for preventative measures against arthritis, and secondly, because I have long felt guilty about enjoying GR without contributing. I hope this will kill two birds with one stone.

Seven years ago I was struck down by a fierce attack of rheumatoid arthritis, which took me in a matter of three weeks from an extremely energetic and active 53-year-old to a wizened old lady in dreadful pain doubled up on crutches. This was undoubtedly caused by a combination of living in the damp conditions of a heavy rainy season and the final accumulation of spinal misalignment as a result of polio suffered as a child.

The doctors offered the usual panaceas and also gave a prognosis of a wheelchair. Essentially a fighter, I refused to accept the verdict. It has taken all the seven years to climb back to a useful and reasonably mobile life. During this time I have experimented with just about every system offered by alternative medicine and owe much to osteopaths and acupuncturists, two of whom have given the strong moral support needed in such a situation.

The rheumatoid arthritis has finally burned itself out, leaving only a little damage to the fourth fingers on each hand, which particular ones I gather possess a certain amount of vital force. I still continue to suffer polyarthritis, which is entirely muscular, attacking different parts of the body for no apparent reason, again undoubtedly governed by the spinal misalignment. This, however, is my own particular problem and I feel that the anti-arthritic regime I have evolved, which has done wonders for me, must do even more for others without a spinal history.

Although diet is of primary importance, I would like to make the point that moderation in all things is the key, coupled with a positive attitude. A jolly good splurge once in a while not only does no harm but is a great uplift to the spirit. However, a week-long splurge, whether or not within one's control, can be extremely harmful and can set one's recovery back. The other point I would like to make is that it is important to get to know and understand one's own system and continually monitor it in order to learn what triggers certain symptoms. It was by doing this that I found out that wheat products set up a great deal of acidity in my system. I now restrict my intake although I continue to make whole-meal bread for the family, just adding a loaf of ryebread for myself.

The diet is basically vegetarian, with a strong emphasis on whole grains. This is because an excess of protein is particularly bad for arthritis. Calf's or lamb's liver once a week is important and all the organ meats including tripe are good. Raw salads should contain five or more different vegetables and herbs. As I mentioned, wheat is very acid forming. The best grains are millet and brown rice. The latter

is easily prepared in a pressure cooker: 1 cup rice to 2¼ cups cold water, cooked for 20 minutes under pressure. Indeed a pressure cooker is a must for all pulses — lentils, split peas, dried beans, etc — which replace meat protein. Intake of milk, cheese and eggs should be in moderation.

Coffee and tea are extremely stimulating and stir the nervous system too much; the last thing one wants when in pain is jumpy nerves. It is better to cut them out and replace with cereal beverages and herbal teas such as camomile, juniper and dandelion. The two latter are especially good for the liver. Alcohol appears to have a deleterious effect also, so perhaps it is sensible to restrict oneself to an occasional glass of wine to be sociable. I gave up smoking for a couple of years, but I found that this not only caused me to put on weight, but it made no difference to my state of health. Weight is the last thing one wants to carry around when arthritic. So I decided to start again largely to enjoy a smoke in the middle of a restless night when everyone else was slumbering peacefully. I refuse to feel guilty and now enjoy pretty good sleep. However, smoking is my own personal vice and I am certainly not attempting to advocate it for others. I only make the point that if one does decide to follow a certain course, one should do so positively and without guilt.

Basic Diet

My own daily diet follows this pattern.

Breakfast. Winter: porridge made of a mix of millet, maize, buckwheat and soy grits. Cook for 15 minutes. Alternatively, put 2 tablespoons in a widemouth Thermos at night and top up with boiling water; it is then ready in the morning. Add 4-6 soaked prunes, 1 tablespoon skim milk yoghurt and honey to taste.

Summer: muesli and/or rye bread and home-made marmalade.

Lunch. Raw salad of at least 5 different vegetables and herbs, maybe a small piece of unprocessed cheese and French dressing, or a dressing made of cooked blended eggplant, juice of 2 lemons, garlic and tahini.

Dinner. Dishes such as vegetable curry, split pea and bacon-bone soup, tripe and onions, liver seared in a frying pan, lentil soup or stew, vegetable soup or minestrone with spaghetti bolognese or (when basil is in season) *al pesto*. Serve salads very often.

Rye Bread Recipe. 30 g (1 oz) dried yeast dissolved in 150 ml (¼ pint) warm water. Mix together with 60 g (2 oz) melted butter, 600 ml (1 pint) warm milk, 2 tbsp molasses, 1 egg, 1 tsp sea salt. Add all this to 700 g (1½ lb) rye flour and 2 tbsp caraway seeds. Beat well, transfer to bread tin and leave to rise. Bake at 200°C (400°F) for 40 minutes.

Daily Supplements

Before breakfast: 1 glass ½ unsweetened pineapple juice and ½ water, into which mix 1 tbsp brewer's yeast and 1 tsp Pretorius vitamin C/calcium powder, and 1 mug fenugreek

tea, into which put 1 dessertspoon apple-cider vinegar. This removes mucus. These two drinks cover the daily requirements of potassium, bromelain, (anti-inflammatory), B Complex vitamins, organic iron, minerals and trace elements, vitamin C and calcium.

Kelp tablets 325 mg x 4 — giving iodine, minerals, trace elements, complete proteins, fatty acids, B Complex vitamins and vitamins C, K, A, E, D, and B 12.

Vitamin E 400 mg x 2.

If necessary for constipation: 1 tbsp molasses dissolved in 1 glass warm water.

Above all, drink masses of fluids — water and herbal teas, preferably 3 litres (5 pints) daily. This helps to flush out toxic and acid accumulations.

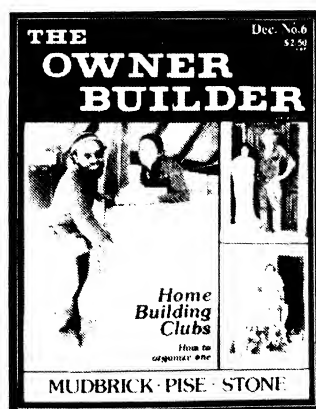
Analgesics

For pain, try a tea of willow bark as it contains salicin, which is believed to convert to salicylic acid (aspirin) in the body. Now that spring is here collect the willow bark, soak 1 tbsp in cold water for up to 5 hours and then bring to boil. Take 1 cup daily unsweetened, a mouthful at a time. Incidentally, larger quantities can be frozen into ice cubes for future use. Injections of vitamin B12 are quite a help in alleviating painful muscles and joints. These can be purchased from the chemist as Cytamen 1000 without prescription and can be administered with disposable insulin syringes. To visit a hospital or doctor to be given these injections is somewhat costly and I would suggest a friendly nurse might help out.

So much has been written about arthritis that it is easy to become totally confused. I just hope that this 'in a nutshell' regime of mine, which has proved very effective for myself, may be of help to others.

HANDY HINT

To prevent lamps from smoking soak the wick in vinegar and dry well before you use it; the lamp will then burn both sweet and bright and give much satisfaction for the small trouble you took in replacing it.



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DONKEY TRAINING

PART I

by Marion Jelley, Yarra Glen, Vic.

If you are the type of person that just loves children and animals, but cannot do a thing with them, then I am afraid you cannot pretend you will do any differently with a donkey. Donkey training is based on love and *respect*. Donkeys are very intelligent animals and have the uncanny knack of seeming to be able to read your mind. If you give in to them on manners or discipline, you will find yourself walked over (sometimes literally), or at least laughed at, by your donks. This is not nice or good for either of you.

If you just want a paddock decoration, well, that's fine I suppose, and you won't want to read this article anyway. One day however you just may have to catch your donkey and put her in a float to visit a jack, or you may have to tie her up for a visit from the farrier or vet. If you cannot teach her the basics of leading, tying up, foot handling and floating, you could if you are lucky get someone else to, such as the guy down the road with horses, or someone belonging to the Australian Donkey Breed Society who lives somewhere near you, for instance.

To be realistic, it is possible that the donkey you cuddled so readily the other day could play hard-to-get when you appear with a headstall or rope tomorrow.

First Get To Know Your Donkey

Let's assume your donkey has just arrived at your place. Put him or her into as small a paddock as possible and be content just to stand and watch outside the fence while it explores and sniffs and probably calls out to see if there are any other donkeys within earshot. If your donkey has just been separated from its mother or is used to companions, you might be in for a couple of noisy days and nights, so warn any close neighbours!

Make sure you know what sort of feed your new friend has



A donkey will never say no to a tit-bit, but beware of feeding with your hand – fingers tend to get nipped.

been used to. If this is not what you had planned, then do a bit of mixing of the old with the new at first so that you don't cause a tummy upset. Have some hay, water and a mineral lick available too.

Whenever you stop for a cuppa during the day, go down and lean on the fence and talk to your donk while you have your cuppa.

'What about tit-bits?' I hear you all say. Well, at this stage it's a beaut idea to take a little something in the way of carrot tops, an apple or some bread. That way he'll associate you with good things. I suggest you present these tit-bits in a bowl rather than your hand. It can become both dangerous and a nuisance if your donkey expects something in your hand everytime he sees you. Fingers tend to get nipped. I recommend a bowl, especially for children if you want them to retain ten digits.

When you start handling your donk, keep calm, speak quietly and keep your hands low and slow-moving. Be content with a tickle on the muzzle or a stroke on the shoulder at first, and graduate to a scratch on the cheek and a stroke on the neck. Do *not* pat on the forehead or make a grab at those lovely big ears. Watch carefully that the children don't do so either, as the ears are what inevitably first attracts children. Depending on the temperament of your donk, you will soon be putting your arm around his neck for a cuddle, giving him a scratch behind the ears, or, if you don't mind dirty fingers, inside the ears (bliss for a donk). Go easy at first, as he won't realise you know the secret, and will think you are going to grab his ears as every other idiot does.

The First Steps In Training

The arm around the neck is an important preliminary to putting on the headstall for the first time. If possible, have a



Pulling a headstall on need not become a battle if you approach it gently and slowly in the beginning.

headstall with two buckles — one on the nose band and one on the head strap. Introduce the headstall as a normal piece of everyday gear by casually hanging it on the gate when you pay a visit, then have it hanging on your shoulder, and then in your hand, as you brush and talk to him.

Have the headstall in your left hand, and as you give your donk a cuddle, reach over with your right hand and bring the strap over his neck as far down towards his shoulder as possible, then buckle it up. This may be enough for the first time, depending on your donkey's temperament. Just leave the headstall there while you finish brushing, then unbuckle it and take it off. If there is any resistance, don't have a tug-of-war; you cannot win and you will only undo what you have already done. Be patient and continue to have the headstall around when you take tit-bits, and at brushing time. Casually rub it over him and lay it over his shoulder now and then. Once you have him happy about the first buckle — if not the first time then the fiftieth — move the headstall up to behind his nose (not too low) and quickly buckle it up. Make sure there is sufficient room to fit four fingers easily between his jaw and the strap. Next adjust the headband to fit comfortably, but not tightly. Finish the brushing and then slip it off by undoing the headband buckle and slipping the noseband off over his muzzle. Make a big fuss of him and tell him how clever and brave he is and give a little reward (they love peppermints, and it is a good idea to have one particular flavour for training, and peppermints don't make a mess in your pocket!).

Don't be tempted, once you have the headstall on, to leave it on. You will observe during your hours of donkey watching (a most relaxing and entertaining hobby), that they enjoy scratching behind their ears with their back feet; if a foot gets caught in the headstall, you can imagine the possible outcome. Also, a headstall can catch in fences, branches and blackberries, and I even know of a donkey who got hers caught in the spike of some harrows left leaning against a fence, with fatal consequences. In addition, a headstall left on too long can rub a donkey's face raw.

Temperament

The next subject is the types of temperament found in donkeys. I keep referring to this, because it does make a difference to your approach and progress. There are roughly four categories. Firstly, the ideal, a gentle, complacent, loving donk who has had no reason to distrust humans and loves to be obliging. I hope you get one of these. There are many around, and they are a joy, though that is not to say they will not get up to occasional pranks. Donkeys definitely have a sense of humour and to live with a donk, you must have one too. They also have days when they 'just don't feel like it' (don't you?).

Next is the spoilt pushy donk, usually very intelligent. Often this is the first foal somebody has owned. Donkeys are very easy to spoil; when they are tiny, you can push back and win! These donkeys are easily recognised. They barge past you through the gate and push you around looking for tit-bits, usually standing on your feet at the same time. A habit young donks are especially fond of is galloping past you and flicking their back feet at you. The barging problem is solved by putting a firm left hand on the muzzle, and a sharp right elbow

in the junction of the neck and shoulder. Say 'back' while you give the push whenever you come to a door or gateway. If that doesn't work, use an inward-opening gate, and pull it to bang against them (not too hard) just as they go to barge through. The pushy-nippy problem is solved by withdrawing tit-bits, and a sharp slap or pinch on the muzzle at the precise moment of nipping. Give plenty of love and pats, but no tit-bits except in a bucket on the ground when appropriate.

Next we have the excessively timid or nervous donkey. This can be caused by mishandling or no handling at all in the early years. (Sometimes these donkeys observe what happened to all their friends when they gave in to those humans. 'There they are, giving children rides, almost as if they enjoy it, instead of leading a life of indolence'.) The answer to this problem is isolation in a small paddock or stable. Make lots of visits and give tit-bits, along with lots of patience. On your first few visits, pretend he isn't there, and shovel up the manure, fill the hay net, top up the water trough. Talk to yourself, whistle or whatever, and eventually his curiosity will get too much for him and you will soon be able to give a casual pat on the shoulder as you pass by. Thus you progress. He may get to the stage of playing shy, which I am sure you will recognise, then you just have to call his bluff and be firm. I am sure you will find he just melts when he knows the game is up.

Lastly we have the defeated donkey. He has usually been pushed from place to place, ignored or abused and never loved. I hope you don't get one of these, unless you can accept the fact that he will never smile no matter what you do. There are not many around, thank goodness.



Once you have gained your donkeys confidence you can start buckling up the straps on the headstall. Reward generously with a big fuss and a treat for their co-operation.



STRETCHING MUSCLES

for

HEAVY WORK

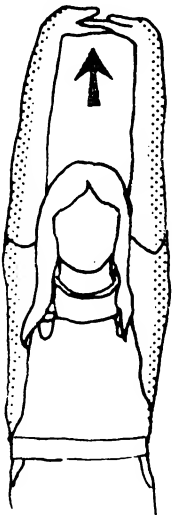
PART II

by Bob Anderson, California.

Part I of this article (GR No. 35) explained the value of stretching as a preparation for physical work. By keeping the muscles strong and supple and by maintaining proper blood flow, stretching reduces the chances of strain or stiffness, and enables the body to perform more work more efficiently. Also in Part I were tips and exercises for back care. This issue we conclude with stretches for arms, legs, lower back and neck.

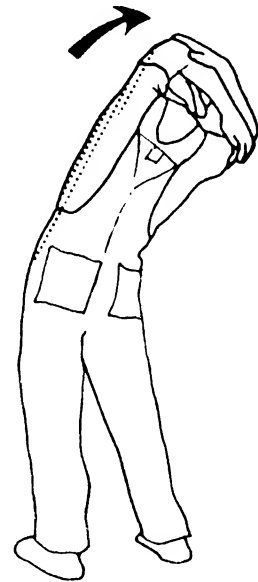
Arm and Shoulder Stretches

I. 1.

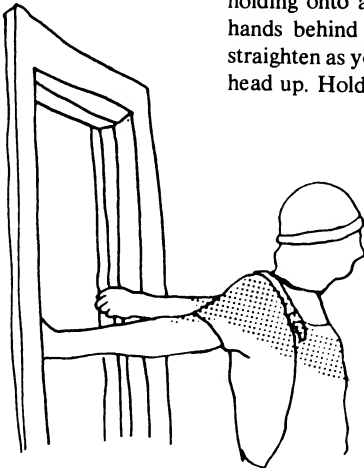


In a standing or sitting position, interlace your fingers above your head. Now, with your palms facing upwards, push your arms slightly back and up. Feel the stretch in arms, shoulders, and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere, anytime. Excellent for slumping shoulders.

- I. 2. With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent, gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance while you stretch.

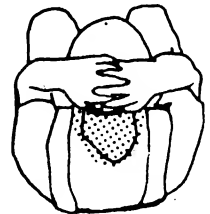
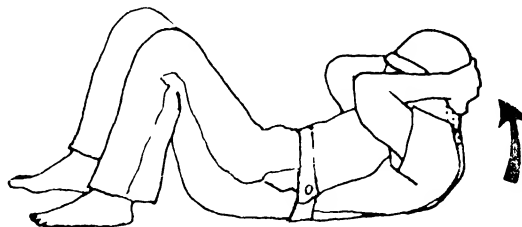


- I. 3. Another stretch for the shoulders, arms, and chest can be felt holding onto a fence or both sides of a doorway with your hands behind you at about shoulder level. Let your arms straighten as your body leans forward, keeping your chest and head up. Hold stretch 15 seconds.

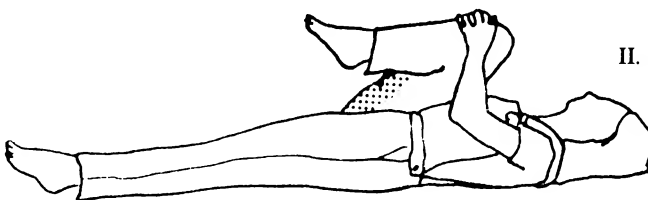


Lower Back and Neck Stretches

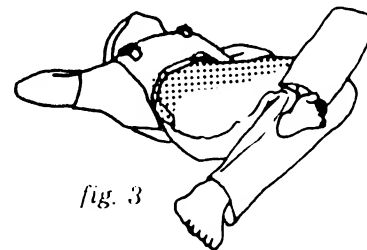
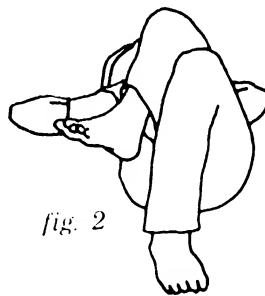
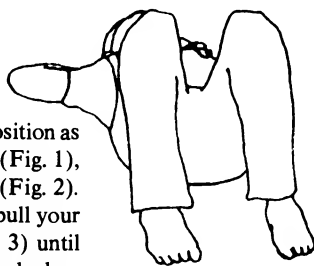
- II. 1. Rest on your back with your knees bent and fingers interlaced behind your head at about ear level. Use the power of your arms to slowly pull your head forward until you feel a slight stretch in the back of the neck. Hold for 5-10 seconds, then slowly return to the original starting position. Repeat 2-4 times to gradually loosen up the upper spine and neck.



- II. 2. Next, straighten both legs and relax, then pull your left leg towards your chest. For this stretch keep the back of your head on the floor, if possible, but don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling your right leg toward your chest.



II. 3. Beginning in the same starting position as for the first stretch in this series (Fig. 1), lift the left leg over the right leg (Fig. 2). From here, use your left leg to pull your right leg toward the floor (Fig. 3) until you feel a good stretch. Stretch and relax. Keep the upper back, shoulders, and elbows flat on the floor. The idea is not to touch the floor with your right knee, but to stretch within *your* limits. Hold for 30 seconds. Repeat stretch for other side.

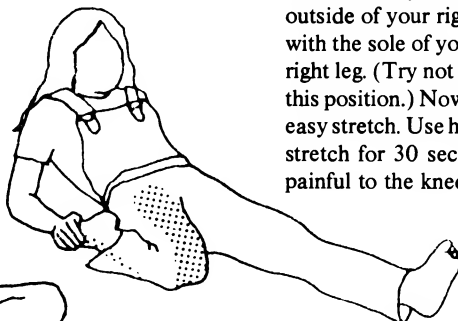
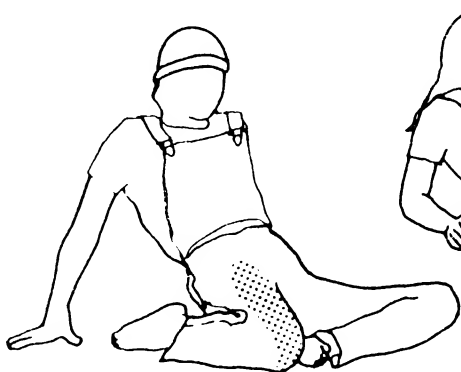


Stretches for the Legs

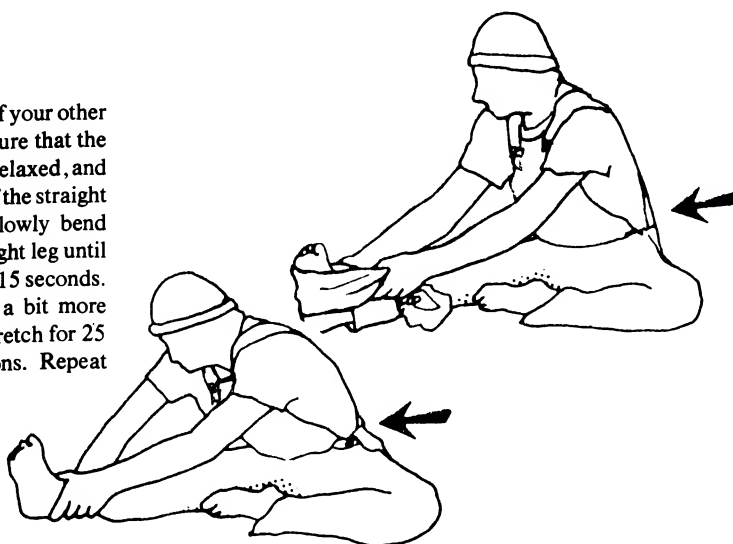
III.1. Put the soles of your feet together and hold on to your toes. Gently pull yourself forward, bending from the hips, until you feel a good stretch in your groin. You may also feel a stretch in the back. Hold for 40 seconds. Do not make initial movement from head and shoulders. Move from the hips. Try to get your elbow on the outside of your legs so the stretch position has stability and balance. If you have any trouble bending forward, perhaps your heels are too close to your groin area. If so, move your feet farther out in front of you.

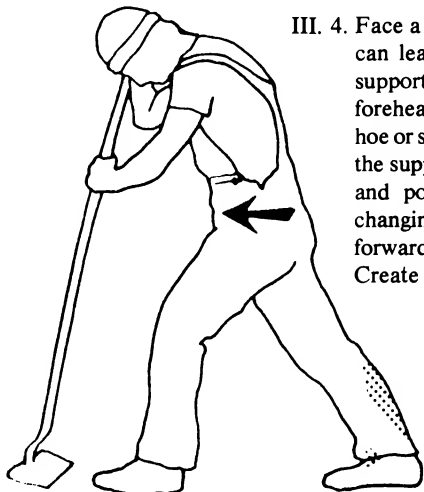


III. 2. First sit with your right leg bent, with your right heel just to the outside of your right hip. The left leg can be straight or bent with the sole of your left foot next to the inside of your upper right leg. (Try not to let your right foot flare out to the side in this position.) Now slowly lean straight back until you feel an easy stretch. Use hands for balance and support. Hold an easy stretch for 30 seconds. Do not hold any stretches that are painful to the knee.

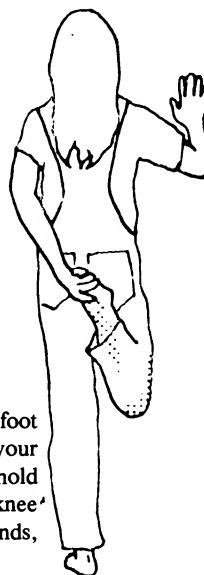


III. 3. Straighten your bent leg while you keep the sole of your other foot next to the inside of the straight leg. Make sure that the quads (front of thigh) of the straight leg are soft, relaxed, and not held tight during stretch. Also, keep the foot of the straight leg upright with the ankle and toes relaxed. Slowly bend forward from the hips toward the foot of the straight leg until you create the slightest feeling of stretch. Hold for 15 seconds. After the stretch feeling has diminished, bend a bit more forward from the hips. Hold this development stretch for 25 seconds. Hold only comfortable stretch tensions. Repeat stretches 2 and 3 for other leg.





III. 4. Face a fence, wall or use your shovel or hoe; something you can lean on for support. Stand a little distance from this support and either rest your forearms on the support with your forehead on the back of your hands, or hold the handle of the hoe or shovel as illustrated. Bend one knee and bring it toward the support. The back leg should be straight with the foot flat and pointed straight ahead or slightly toed-in. Without changing the position of your feet, slowly move your hips forward as you keep the back leg straight and your foot flat. Create an easy feeling of stretch in your calf and ankles.



III. 5. To stretch the quad and knee, hold the top of your *right* foot with your *left* hand and gently pull your heel toward your buttocks. The knee bends at a natural angle when you hold your foot with the opposite hand. This is good to use in knee rehabilitation and with problem knees. Hold for 30 seconds, each leg.

Bob Anderson is the world's foremost authority on stretching and author of the best-selling book *Stretching* © 1980, published by Shelter Publications/Random House-USA. The book is distributed in Australia by Tudor Distributors, 2a Woodcock Place, Lane Cove, NSW, or is available through *Grass Roots*.



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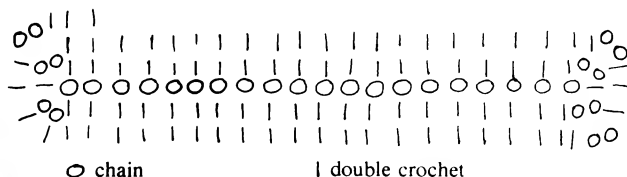
A Letter from Renate

I knew I was too late for GR No. 35, but now it looks as though I may be too late for No. 36 as well. Still, one day you will read this letter.

Queensland was lovely again. It was much, much cooler than in previous years, but we caught enough fish and had lovely walks. After we returned home, it was back to our old routine: planting tomatoes, cucumbers and the like; baking the traditional German Christmas cake (see recipe in No. 34, p. 40); spending a quiet Christmas and enjoying our usual New Year's party.

Then the heat arrived. By then I had had to pull out all but three of the cucumber plants, cut off all the leaves of the burnt strawberry plants and make plans for what to do with the vegetable garden next year. It will be better, and I have two choices: a ring garden or a hydroponic one.

There is not much news to relate this time, but on the craft side I have been crocheting carpets. I use self-spun and scrap wool twined together to a thickness of about 1 cm (½ in) or more, and a No. 6 hook. I cast on 20 chains, do one row of double crochet and go around, like so:



At each corner I make two chains.

This is a very good way to use up old wool, and the work grows quickly. One carpet (blue with self-spun wool) became a Christmas present for our youngest son and his wife. Two more are in the making, one in earthy colours and the other one bright. The brightly coloured one will be donated to a raffle and should bring in good money. Many hours of work, and the weight of the wool is over 5 kg already. At the moment it measures 1 m 60 x 1 m 40, and I will be able to make it 1 m 80 x 1 m 60. By then I will have run out of scrap wool.

I loved reading the article in No. 34 on *Pendulum Power*, by Steven Guth. I've been using a pendulum all my life. My grandfather taught me, since he was a dowser. On one point I do not agree with Steve: he said that the pendulum could be of any material except metal. For all my fine work I use a teardrop of pure gold, suspended on either one of my own hairs or a pure silk thread. I have been using the teardrop pendulum since I was ten years old, and it has been working very nicely for the past fifty years! For work in the paddocks or the bush I use a stone or a sinker, and for water divining I use branches of willow or metal rods (rotating in hollow wooden rods or empty bios). In my left hand I hold a sample of the kind of thing I want to discover. Coins, fragments of pottery, gemstones and so on. It is amazing what one can find. I would love to tell you more about my own experiences of dowsing, but that would take me off the subject I have been preparing



for you over the last 'over 40°' days.

Almost everyone is interested in herbs these days, but not enough is known of what one can do with them. They can be used in cooking, of course, but also in herb teas, potpourris, posies, herb pillows, herb vinegars, herbal soaps and ointments, to mention only a few. I could make the list much longer, but will confine myself to giving you the recipes for the herb wines that we have used in our family for many generations.

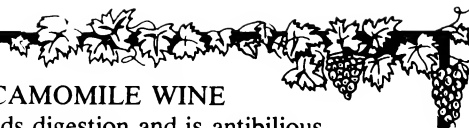
To those who do not drink, I can say that herb wines are quite weak and are taken only in minute quantities, like a medication, so there is no need to get drunk! Many medicines have an alcohol base, even cough syrups. If you prepare any of these recipes you will find that they last you a long, long time. So if you live alone, you can make a quarter of the quantity, or if there are two of you, halve it. I have selected recipes which are easy to prepare, using herbs well known in Australia; I have others, but the herbs required would not be available here (some I cannot translate since I do not know their Latin name). All herbs should be fresh. Only in an emergency should you use dried herbs. Roots, however, should be dried. Where I have mentioned brandy in the recipes, you could use vodka or pure alcohol. I am not sure about whisky — I never have it in the house.

I met many real experts in herb lore when living or travelling in Europe. My sister lives in Bavaria (southern West Germany) and during spring and summer a herb lady calls in every month. She lives in the mountains and collects herbs every day. She is a real character to look at, and her merchandise she carries in an enormous basket on her back. Wherever she goes a beautiful fragrance follows her. And who could ever forget a visit to one of the herb markets in Austria? One has to experience it to believe it — the sights, the smell, the atmosphere; just lovely. All the Austrians I have met freely give away any herb tonic or medicine — but they never give away the recipe! The recipes are kept very secret. Each family has its own, and these are passed on from mother to daughter. The following are my own family's recipes.

SAGE WINE

cure for depression, stress and nerves
1 litre good red wine (claret is well suited)
15 g sage leaves and flowers

Place sage leaves and flowers into the wine. Seal and leave to stand for 10-14 days in a cool place. Strain. Take a small glass (20 ml) after your midday and evening meals.



HERB WINE

very relaxing in times of hot weather, overwork,
and after flu or colds

- 1.5-2 litres red wine
- 1 cup brandy
- 20 g rosemary needles and flowers
- 30 g peppermint leaves
- 15 g sage leaves
- 10 g thyme leaves
- 15 g anise seeds
- 1 stick cinnamon (broken into small pieces)
- 1 ginger root (diced)
- 150 g honey or sugar

Mix the brandy with one cup of the wine, pour into a large jar and add all the herbs. Seal and leave to stand for 10-14 days. Strain and add to the rest of the wine. Leave for two days and add the sugar or honey. Leave for 15 days but stir now and then. Drink a 20 ml glass when needed (after work or when feeling 'down', and just before going to bed).

CHERRY WINE

- 2 litres red wine
- 1 kg cherries (or one tin cherries)
- 250 g sugar
- 250 ml brandy

Put sugar, cherries (including stones) and wine into a large flagon (two if necessary). Shake now and then to dissolve the sugar. Leave for ten days. Strain and add the brandy. Let stand for one more week. Drink for pleasure!

INDIAN DRINK

- 2 tablespoons oatmeal (coarse)
- 1 cup raisins
- 4-6 cups rainwater or spring water (or town water boiled twice)
- 1 cup honey
- Juice of 3 lemons
- 1 sprig each peppermint, sage, marjoram and parsley (optional)

Put water, raisins and oatmeal into a pot, bring to the boil and simmer for ¾ hour with the lid on. Strain and add honey. Allow to cool before adding the lemon juice. Store in a cold place and drink one or two cups when needed. If herbs are used, add them after simmering.

CAMOMILE WINE

- a tonic; aids digestion and is antibilious
- 1 litre sweet white or rose wine
- 20 g camomile flowers
- 20 g orange peel (chopped)
- 1 gentian root (chopped)
- 5 cloves
- 1 cup brandy
- 250 g icing sugar

Put wine, brandy, herbs and sugar into a flagon and leave to stand for 8 days. Taste the mixture: if it is bitter, strain it, if not bitter, leave for 3 more days. After straining let stand for 14 days. Drink 20 ml midday and evening.



EGG AND LEMON DRINK

this was used during convalescence to supply plenty of vitamin C, calcium and protein

- 6-10 very fresh eggs
- 10-12 untreated lemons
- 250 g icing sugar
- 500 ml brandy

Wash the eggs and pierce them with a fine needle. Place in a large jar and pour the juice of the lemons over them. Cover and leave to stand in a cool place for 48-60 hours. By then the eggshells will be dissolved. Mix in a blender (or whisk thoroughly). Strain through a fine sieve. Pour into a large bottle and add the sugar and brandy. Shake, close and keep cool. Drink 40 ml 3 times a day. This drink is helpful in the mending of broken bones.



I hope you have fun making the wines. While summer is still with us, I shall be adding to my herb garden, and hope that you are too. It is worth it.

Make every day as nice as you can, and stay healthy!

Love to all
Renate.



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SIMPLE WEAVING — Part Three

by Rita Summers, Pioneer Tas.

CUSHION COVER

Part One of Simple Weaving — how to make a table mat or small bag — appeared in GR No. 31 and Part Two — how to make a circular mat or coaster — appeared in No. 34.

Materials needed

- A wooden fruit box or small crate; alternatively, a simple rectangular frame of four lengths of planking could be made (Fig. 1).
- 14 short nails with fairly large flat heads.
- Hammer.
- Heddle made from ice-cream sticks (Fig. 2).
- Shuttle (See Part 1, GR No. 31).
- Odd balls of yarn in colours of your choice.
- Pair of scissors.
- Small crochet hook.

Method

(a) After marking off each end of the wooden frame, hammer in nails at even intervals, about 2 cm apart.

(b) Thread the warp onto the frame (Fig. 3), passing the yarn through the holes and slots in heddle with crochet hook (Fig. 4).

(c) Use of the heddle: this eliminates having to weave over and under the warp. It separates the threads into two groups ('sheds') so that the shuttle runs through from side to side. Pull the heddle up and pass the shuttle through; for the next row, push the heddle down and pass the shuttle through in the opposite direction.

(d) Two or more colours can be used to achieve different effects (more about this in the next article). Experimentation is one of the best methods — you learn by doing! Work from top to bottom.

(e) Weave until the warp is full. Lift the fabric carefully off the nails. Untie the warp at the bottom to release the heddle, and then retie. Weave in the ends.

(f) Weave several strips. Sew them together, and then cut a piece of material of the same size, plus one of about $\frac{1}{2}$ size (Fig. 5).

(g) Sew these pieces together and hem the ends (Fig. 6).

(h) Sew sides together to complete the cushion cover (Fig. 7).

You now have a very attractive cushion cover, especially if you use toning colours.

I have a cushion cover made by this method which was woven by pupils in my Grade 3 class in 1981. I sewed it together, but they did all the weaving. Four simple looms were operating at the same time, with children doing a few rows whenever they had the time or the inclination. It was very exciting and rewarding.

Fig. 1

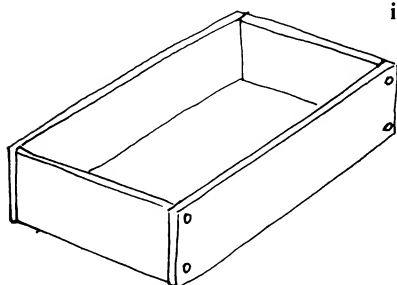


Fig. 2: Heddle made from ice-cream sticks

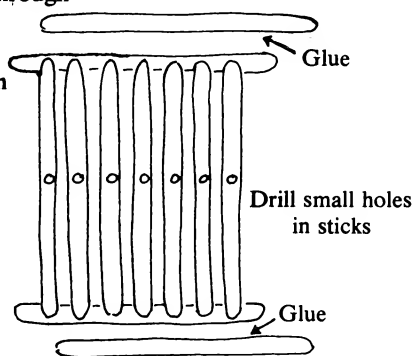


Fig. 3

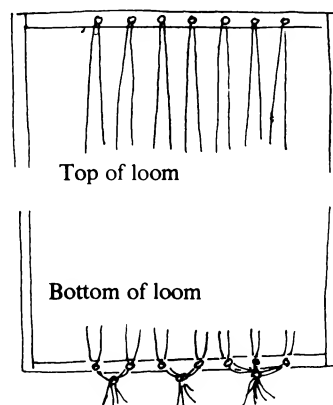
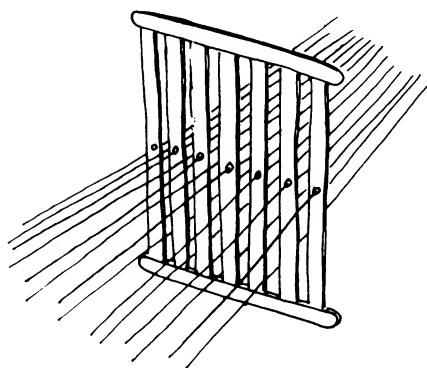


Fig. 4



Woven strips sewn together

Fig. 5

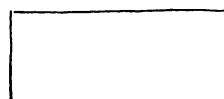
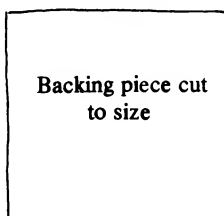
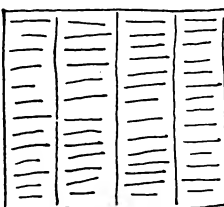


Fig. 6: Pieces sewn together

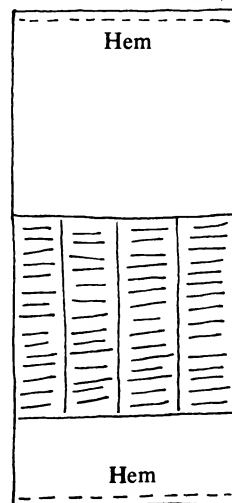
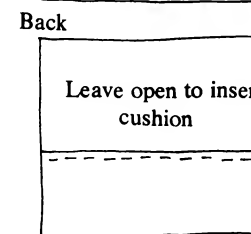
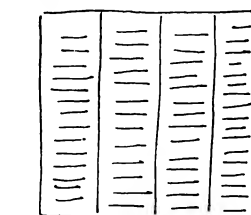


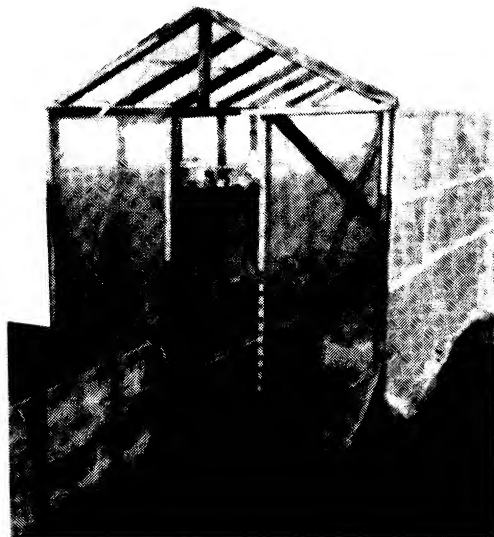
Fig. 7: Finished cushion cover



GREENHOUSE ALTERNATIVES

by Gillian Boden, Latrobe, Tas.

Every gardener covets a greenhouse. Unfortunately, only a few can afford a ready-made one. The rest of us must look for cheaper alternatives. Much has been written about the specific principles of greenhouses, but it is beyond the scope of this article to go into all the material available. Instead, I will try to cover the possibilities and stimulate the innovator in all of us.



Homemade greenhouse built at a cost of \$12 (1979) from recycled materials.

What is a Greenhouse?

A greenhouse is an artificial environment for propagating and growing plants. As such it should protect from extremes of cold and drought, providing a warm moist atmosphere that allows us to disregard seasonal changes.

Heating

From hothouse to cold, with warm and cool in between. The hothouse is for millionaires and need not concern us here. A warm greenhouse has a constant temperature of 10°C and can be expensive to heat. A cool greenhouse would be ideal for our purposes as it is heated only when night temperatures are likely to fall to freezing. The cold greenhouse includes cloches of various kinds and has no heating at all. This sort only allows us to get an early start in the spring and to protect from wind, but it is sufficient for many gardeners.

There are kerosene heaters made especially for greenhouses, but these should have a flue as they can give off fumes poisonous to tender plants. A lean-to greenhouse (Figs. 1 and 5) could be warmed at night through an open window from the house.

Solar Greenhouses

These have devices for collecting daytime heat and releasing it through convection at night, known as a thermal mass. This can be a stone wall, or a bank of water-filled bottles. The bottles or the water should be dark-coloured to absorb the maximum amount of heat. The solar greenhouse is a relatively recent innovation and, although much research

has been done, you should consider a solar greenhouse as an experiment that may not succeed.

The pit greenhouse utilises the insulating qualities of the earth. Ensure that your pit is properly drained and waterproofed, otherwise you may find it becomes a mud wallow in winter. Solar greenhouses need to be covered at night with insulation. Absences from home should be taken into account and catered for, perhaps with additional heating.

Pests and Diseases

The warm, moist atmosphere of the greenhouse is ideal for the growth of disease organisms and insect pests. Hygiene is important. Don't leave refuse lying about. Old sacks, dead leaves and dirty pots can all harbour disease and pests. Periodically empty the greenhouse, scrub from top to bottom and fumigate if necessary.

Glazing

Glass is the ideal choice. It is durable and very transparent to the sun's radiation, and its manufacture is ecologically sound.

Plastic films vary in their durability, depending on quality

Effect increased by replacing tin with fibreglass

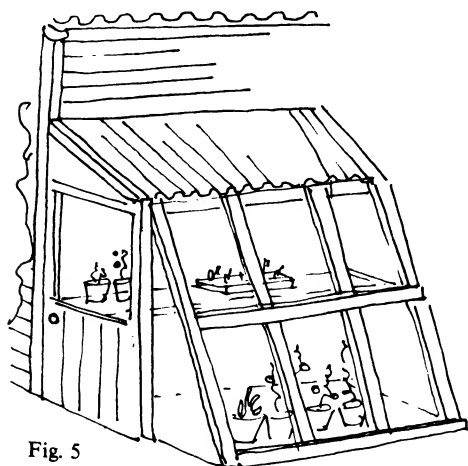


Fig. 5

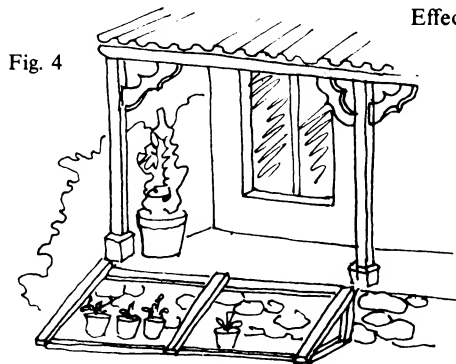


Fig. 4

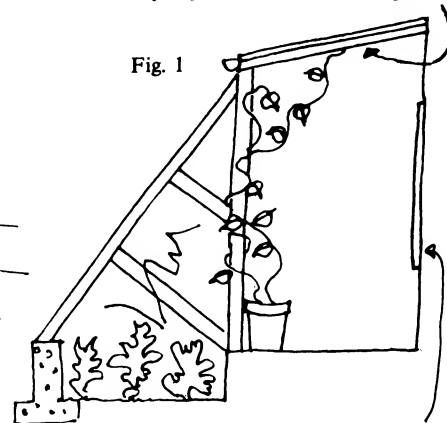


Fig. 1

Warm air from house via window perhaps

and on the amount of heat and weathering they are subjected to. Some contain an ultraviolet inhibitor which increases the lifespan of the film. All plastic films are made from hydrocarbons, the major source being oil. Plastic films are convenient. They are very easy to manage even for the most hamfisted. Their fixing is simple, using either a staple gun or nailed wooden slats. Stapling points should be reinforced to prevent the plastic from pulling away from the staple.

The ideal for greatest heat retention is double glazing. The most effective cheap and durable way of doing this is to have an external layer of glass and an interior one of plastic. The glass cuts down on the ultraviolet rays reaching the plastic, and the plastic reduces the heat lost through the glass.

Fibreglass is very durable. It allows as much solar radiation as glass but doesn't break so easily. It can be nailed or screwed into position. The light falling on the plants is more diffuse (which they prefer) but it cannot be seen through. Use it on the roof alone if this bothers you.

Materials

Scrap timber can be found at some wood mills for the cost of cartage. Plastic sheeting used in packaging large items such as mattresses may be scrounged.

Polythene piping for small structures (Fig. 2) and steel for

full-sized ones can be bought from a plumbing supplier. Try demolition sites for materials to recycle.

Site

Look around your home and garden for north-facing sheltered spots. What about the space on or under a balcony (Fig. 1), a sunny verandah (Fig. 4), patio or window (Fig. 6)?

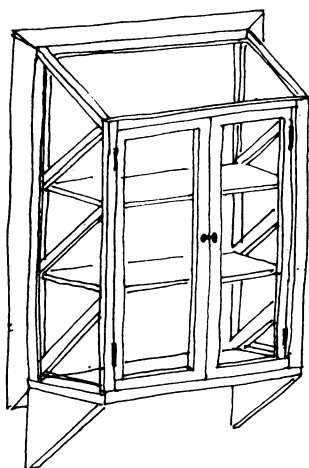
Although your home-made job may lack the finish and sophistication of an expensive model, it is probably all you need to give your gardening that extra bit of help.

David Stephen of Hobart, who made the greenhouse in the photo, writes: My latest idea for creating the greenhouse effect for bush tomatoes, green peppers and cucumber is ideal for terraced beds where a garden occupies a sloping piece of land. It is a hinged igloo made from ARC Weldmesh and covered with plastic.

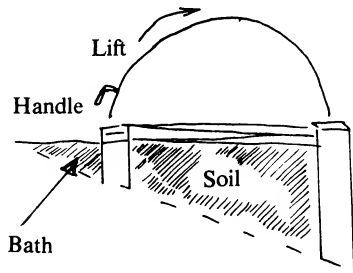
The igloo has a tremendous advantage in that it can — and should — be moved every year to allow rotation of crops. This involves unscrewing the two or three hinges, dragging the unit along three paces, then rescrewing.

This article first appeared in *Organic Growing*, the magazine of the Organic Gardening and Farming Society of Tasmania, Vol. 7 No. 2, and is reprinted by permission.

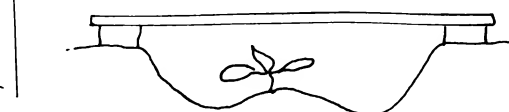
Fig. 6



Use a window as a sun trap inside or outside



Hinged here to sleeper



For an early start with zucchini and pumpkin

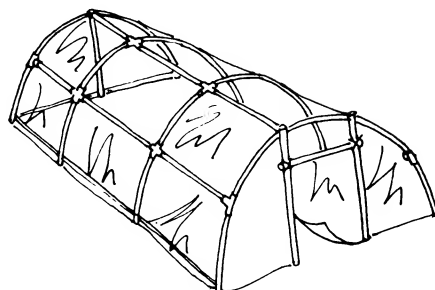
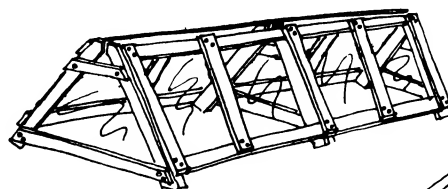
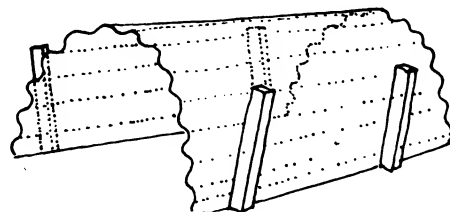


Fig. 2

An advantage of cloches is that they are easily moved

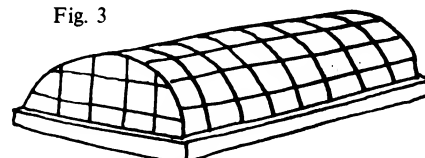


Scrap timber and waste polythene

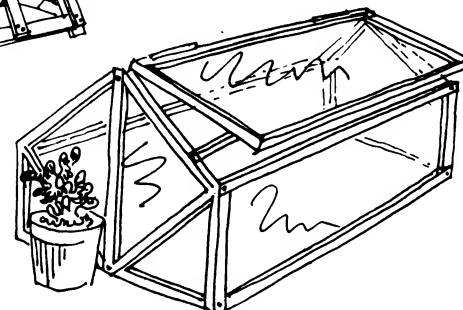


Bent corrugated fibreglass held in place with posts

Fig. 3



Weldmesh covered with plastic



HELP WITH UNEMPLOYMENT

In the current economic crisis it is not unusual to have a friend who is out of work. What happens to the school leavers who are unsuccessful at finding jobs and the thousands who are retrenched because of company contraction or failure? Unfortunately current opinion still favours the outmoded idea that life becomes meaningless when you lose your job. This, as *Grass Roots* readers will readily appreciate, is just not true. I am unemployed myself at the moment, and have become involved in a project to make known more widely the sorts of things people are able to do while unemployed and the many organisations available to help them through the difficult period.

Would *Grass Roots* readers please help me with this project? I need leads or information on people who have started small businesses or services while unemployed. Others may have retrained and found a vacancy in another industry. As well I would like to know what organisations there are in your area that give assistance to unemployed people. These groups may be funded by the government, local council (which sometimes initiates work schemes) or they could be co-operatives where people get together to help each other. This material, when published, should provide enough information to show that being out of work means plenty of activity. With your help we can make a start towards taking some of the depression out of unemployment and making it a time of change, creativity and fulfillment.

Please send any names of organisations, or people you know who have started afresh to: Cheryl Paul, PO Box 500, St. Kilda West 3182. Phone: 03-534-3215.

PENPAL PAGE

I would like a penfriend. I am 11 years old and will be 12 in April. I have just started high school this year. My hobbies are stamp collecting, cooking, reading, writing letters and roller skating. I will answer all letters. I would like a penfriend from Australia or anywhere overseas.
Lyndall Campbell, Lot 3 Ninth Avenue, AUSTRAL 2171.

I am 11 years old and would like a penfriend between 10 and 13. I love cooking, animals, listening to records and swimming.
Anissa Lowe, 12 Eastgate Road, CRAIGIEBURN 3064.

I am a 10-year old girl and would like a penfriend about the same age. My hobbies are roller skating, stamp collecting, and all sports. I have a dog and a cat and I enjoy reading.

Gabrielle Quayle, 8 Priscilla Close, GLEN WAVERLEY 3150.

I am a 13-year old girl interested in stamp collecting, swap cards, collecting stationery, softball, netball and swimming. I would like girl or boy penpals of any age.

Chauntelle Smith, 23 Hainthorpe Grove, MULGRAVE 3170.

I am 9 years old and would like a girl penfriend the same age as I am.
Bridget Lowe, 12 Eastgate Road, CRAIGIEBURN 3064.

THE AUSTRALASIAN SURVIVOR

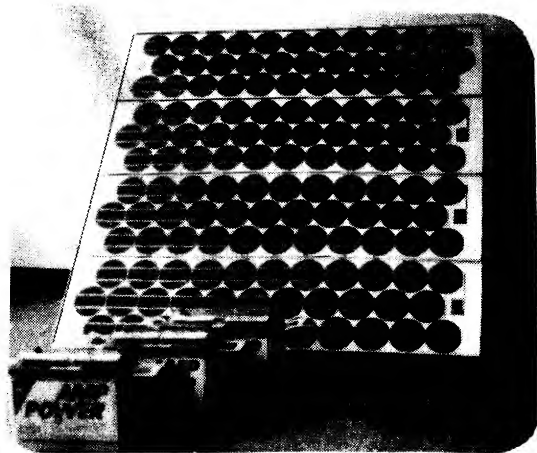
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Natural Goat Care

by Pat Coleby, Harcourt, Victoria.

As the drought rolls on, one has to be an optimist and keep kidding oneself that it will soon rain; otherwise I suppose we would all shoot our animals. As long as I can sell milk, I can keep my head above water with a reasonable-size herd; if not, it's time to tighten the belt in a big way. I, like many others I imagine, am still learning just how little food my goats can receive and still maintain good average production — very good production when you look at the moonscape they seem to be living on at present.

They receive their concentrates as always, night and morning, the usual mixture if I can obtain it, which I have been able to do so far. I have added 10% rice pollards and pellets when I can get those. In the morning that is all I give them, and they are sent out to forage for the day. There is a sort of haybar, which is kept full, and though the hay is not what they really like, it fills them up if they want it. They roam the whole farm, and seem to have their heads down eating, though what, I cannot tell. There is nothing to be seen. At night after the concentrates I give them two or three biscuits of good lucerne hay. Since they number about thirty, this hardly constitutes overfeeding, but it is all I can afford. Three to four times a week I chop up greenstuff from the garden. My vegetable patch is not large, but luckily I have enough water to keep a lot of comfrey plants active, so I give that to them, or leaves stripped off the sweetcorn, sunflowers, kale leaves and so forth. Prunings from my fruit trees (which I always prune in summer), cut into short lengths, are also relished by my goats. I put the greenstuff in the hayracks under the lucerne, and on those nights they have a good supper.

I have found that the maximum use is made of sunflowers if they are harvested the moment the seeds set in the heads. I have a short billhook (like a machete — Pommy style) and a chopping block, and I cut the stalk into 3-cm lengths, and the head into small pieces. It does not take long once you get the hang of it, and they eat every single bit, whereas if you feed it unchopped the stalks are almost wholly or part wasted. A sack of the cut-up pieces (and this applies equally well to sweetcorn) makes an excellent supper for them. I recently planted a small block of Sudax in the garden, just to see how it works. It is poisonous until half a metre high, but will apparently grow again as soon as it is cut. I rather think I shall be treating it in the same way as the sunflowers.

There is a great temptation to feed too many concentrates at a time like this, but resist it: in the long run it will do more harm than good. For extras, turn your attention to hay. If your goats turn their noses up at the hay you give them, you could try what I did in this situation. I left the bale the wrong side of the cow netting in such a way that my goats could only just reach it. Thinking they were not supposed to have it, they pushed their noses through and started to take little bits; after a few days I improvised a hayrack along the outside of the fence, using a large piece of chipboard and old water pipes, and left the bale in it — no waste, and all eaten!

At this time of year, those who plan to breed their does should be doing some serious planning. Where possible does should be allowed to 'run through' every other year or two; a

doe that is kidded out every year probably will not live much beyond seven or eight, if she reaches that, but if she has been run through say once every two years (I usually have mine mated every other year), she will probably be quite happily producing milk well into double figures.

Very careful consideration should be given to the selection of a buck. The pedigrees of the does should be carefully studied, and any very good individuals marked down. If they are two or three generations back, you can then look for a good type of buck who carries those bloodlines, but not too closely, also bearing in mind of course, that he should not have any bad conformation faults. Should your doe have any, be particularly careful that the buck you are thinking of using does not have them too.

Bad back legs, i.e. cow-hocked and weak, are not *always* hereditary: I have seen them develop due to a lack of vitamin A and D and adequate dolomite in the diet. I have also seen them improve quite remarkably when the diet was adjusted. But if a buck has these faults, you will have to gauge for yourself whether they are hereditary or not. It is fair to say that if as a kid the buck was nice and straight behind, with good pasterns, he should have remained so for life. Uneven testicles in the buck can mean an uneven udder in the resulting kid when it grows up, and of course the buck's teats must not be deformed in any way, nor should he have any extras — two is the number! His mother's milk output should give you an indication of his potential, as should his sisters' udder type and milk.

In my experience, the best buck I knew descended from a very plain doe, who had a huge but not particularly well-attached udder, and who was a very good milker. He threw almost 100% good milk and udder type considerably better than his mother's. But money spent on the right buck is never wasted. I can trace does of my particular breed that belong to other people, going back to bucks I had some years ago, and the good influence persists for several generations. Needless to say the reverse also applies — one bad buck can set your milk-producing programme back years.

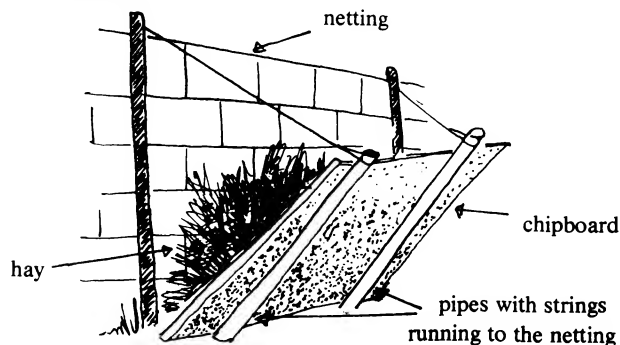
A brief case history — I still do not know what was wrong originally, but the doe concerned is in very good order right now. She was due to kid on 5th September, and on the 2nd I noticed her standing in the paddock with her head at rather an unnatural angle, and apparently not interested in eating. On getting her in, I realised that she could not eat: both sides of her neck were swollen hard from the ears to the shoulders. The swellings acted rather like a straightjacket, preventing her from moving her head up or down. I fed and watered her upright, and she took all I could give her. She showed none of the classic signs of snakebite, and her eyes were normal; her temperature was not elevated, so it was not a fever; I considered founder, but that seemed unlikely.


When in doubt I give the works, with large amounts of vitamin C predominating. I gave her an A, D & E injection, 3 cc of B12, 3 cc of B1, 10 cc of vitamin C every two hours, and a dessertspoon of dolomite and C powder by mouth in case it was founder related. She stayed in the garden for a couple of

days, but as she could not help herself it was fairly safe! On the second day I repeated the vitamin C only three times, and towards evening I felt her neck softening up; the swelling seemed to consist of a number of small lumps, worse on the right-hand side. It occurred to me that she could have been badly stung by bees, as there are several nests of wild bees on the place. Next day she went back with the others and duly kidded on 7th September, producing a perfectly healthy buck and doe.

The swelling finally disappeared completely in about three weeks; but almost three months later a lump appeared in the centre of where the trouble had been, and eventually resolved into a hard lump about the size of a golfball. It showed none of the usual stages and behaviour of a grass-seed abscess (or caseous lymphadenitis to give it its proper name), so I began to wonder whether it was a cancer. But since it got no larger I did not worry too much. At about the beginning of January it began to look like a boil, and went through the usual stages until it was a silvery-grey lump on the side of her neck. I watched it carefully, so that I could clean it out the moment it was starting to break. But it was much slower than boils usually are, and it was not until 22nd January that Joy came to the fence complaining bitterly to me. I went out to see what was the matter, thinking she was just protesting about the lack of feed, when I noticed that the boil had started to weep. I put her in the bail and cleaned it out thoroughly, finally flushing it out several times with a strong solution of salt and water. She never made another sound except to complain slightly when I was squeezing it out, and two days later it was completely dried up and clean. Whatever got into her that September day had finally resolved itself, and found its own way out of the system. This is one of the advantages of natural therapies, that in cases like this one, the unwanted material can work its way out, instead of being suppressed, in which case it may cause something much worse in the long term.

Fence hayrack





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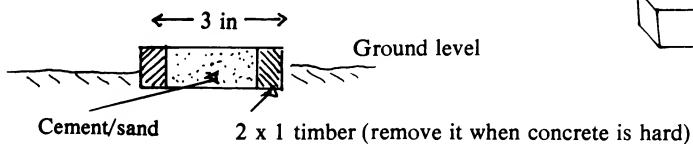
SIMPLE CONSTRUCTION TECHNIQUES

by Fran Duffy, Winmalee, NSW.

I was most interested in Heather Hardy's article in GR No. 32 about a woman and her children making it on the land on their own. My 80-year-old mother and I have been doing just this for three years since my father died. I have found two methods of construction which are quite easy, very strong, and can be accomplished by one person (no post holes to dig!).

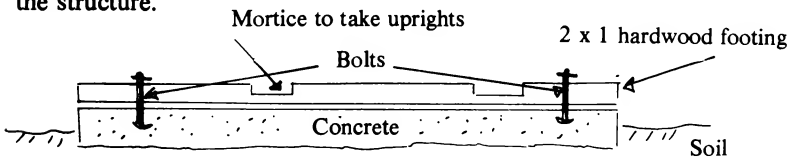
1. For free standing structures

(a) Lay a foundation perimeter of concrete (I use sand/cement mix, mixing a bag at a time in the wheelbarrow) using 2 x 1 (50 x 25 mm) hardwood forming.



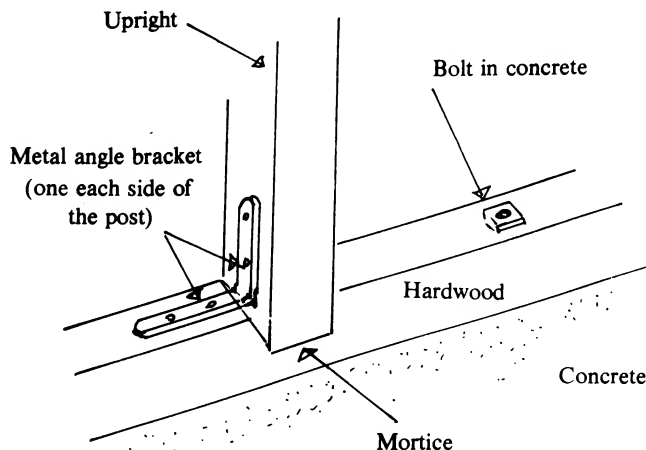
(b) Into the wet concrete set 4 in (100 mm) bolts, heads in the concrete and thread upward.

(c) When the concrete is thoroughly hard (about one week) put on a timber base plate, with holes drilled for the bolts set in the concrete, and morticed to take the uprights of the structure.



I find Creosote the best material to treat the timber with to preserve it, prevent white-ant attack, and, in a henhouse, prevent lice from breeding.

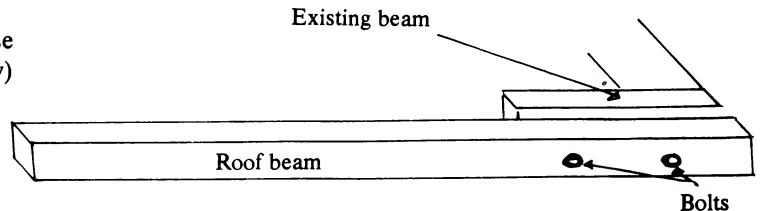
(d) The woodwork books say skew-nail the uprights on, but I have never been able to make this method work, so I use metal angle brackets, and cut the mortice $\frac{1}{32}$ in (approx. 1 mm) too small to make the fit tight.



I have used this method (which avoids digging deep holes for posts) for a 10 x 12 ft greenhouse, a 6 x 8 ft chicken house and a 3 x 4 ft dog kennel, all of which have withstood two years of the spring gales we get here on the Blue Mountains.

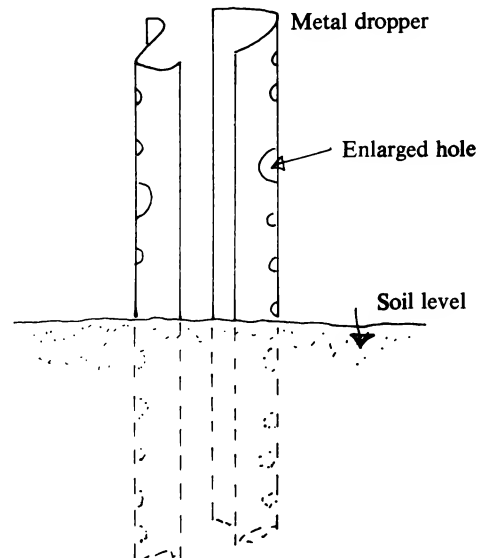
2. For lean-to structures

(a) Attach the roof beams to existing beams with bolts.



(b) Take an aluminium fence spacer (some produce stores call them droppers) and saw it in half with a hacksaw. Drill the third hole from top large enough to take the bolt (say $\frac{1}{4}$ in or 6 mm).

(c) Hammer each metal piece into the ground, placing them so that the upright will fit tightly between them.



I Healed Myself of

PSORIASIS

YOU CAN TOO!

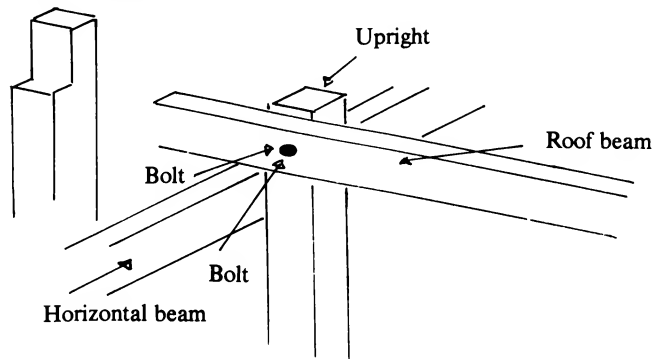
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Handbook and Guide to Natural Living
'SORIASIS' by KENT TRUSSELL

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'The Pines', DUNDEE 2370.

(d) Place the post between the metal pieces, drill through the post at the level of the enlarged hole, and bolt together.

(e) Now square up the upright with a level and bolt to the roof beams.

Top of upright



(f) Horizontal beams may be added for extra strength. (I recommend bolts instead of screws and nails — the timber does not split, nor does the screwdriver slip and nor do your fingers go black and blue from misplaced hammer blows!).

I hope these hints may make life a little easier for some other women who run their properties on their own.

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We currently have 2 lambs and a mother and baby goat on the site which are greatly appreciated by the local community and schoolchildren. We're on the lookout for a good milking goat, an Angora female kid, a couple of female piglets, and a donkey. We're particularly looking for either young animals, or animals which are very used to people, especially children. The main contact the animals will have will be with local schoolchildren.

If you could help us with any of these animals, we have many eagerly awaiting admirers to appreciate them.

Noel Blencowe, School's Liason

C.E.R.E.S. Project

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BRUNSWICK 3056.

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- *Hydroponics
- *Propagation
- *Garden Maintenance

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- *Self-Sufficiency 1,11
- *Mud Brick Construction
- *Cooking
- *Crops
- *Herbs

RECREATION

- *Recreation 1
- *Leadership
- *Pottery
- *Photography
- *Guitar

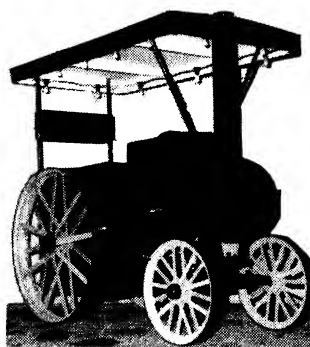
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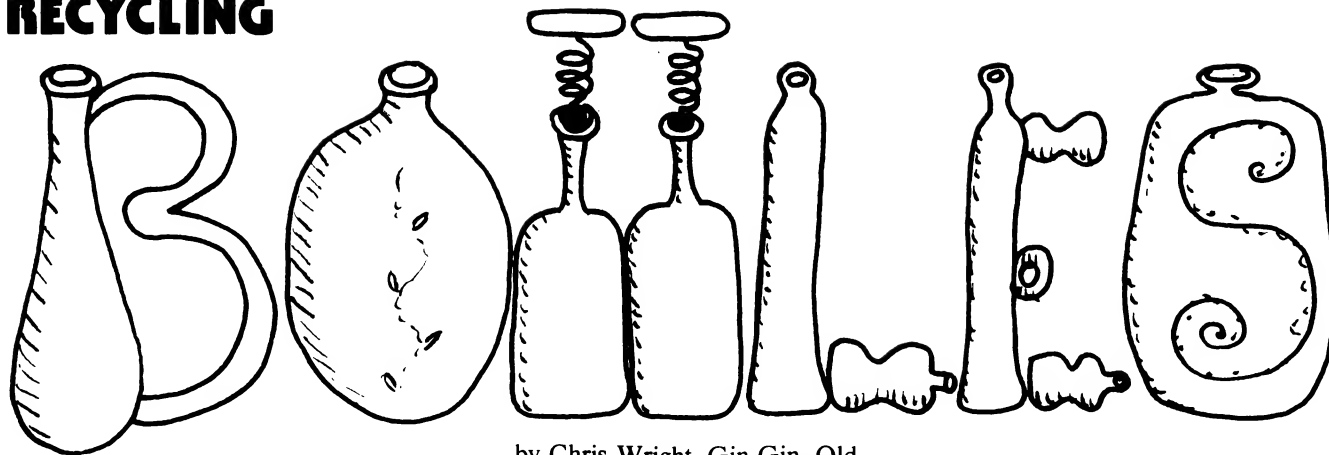
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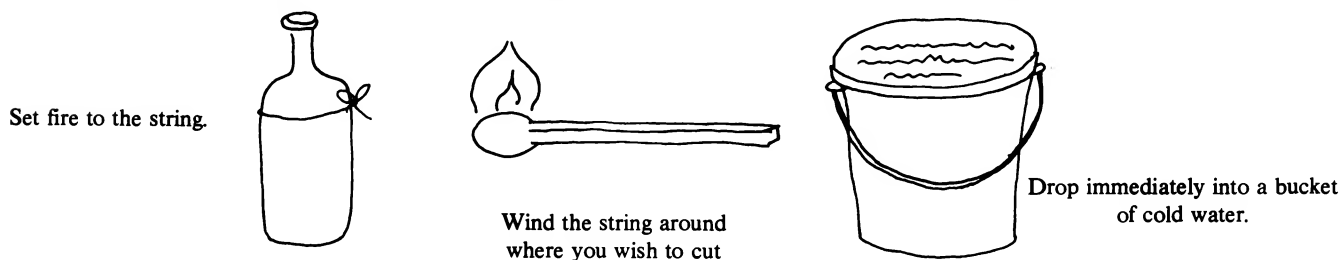
RECYCLING



by Chris Wright, Gin Gin, Qld.

Do not throw away your empty bottles. Apart from being reused to store things, they can simply be filled with water and some 'Wandering Jew', or cut and made into all sorts of useful receptacles.

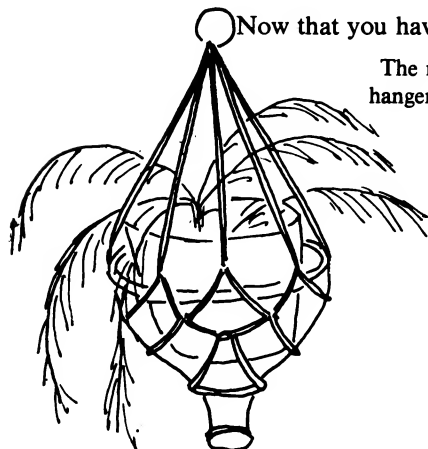
There are several methods used to cut bottles. You can buy a cheap kit which works on the principle of making a score with a glasscutter, tapping the score to separate the pieces and grinding the edges. All instructions are included. The other cheap way is as follows: dip a piece of string in metho until soaked.



The sudden change of temperature causes separation. This method is not as neat as the kit and usually needs a bit of practice on some old beer bottles before trying it with your favourite coloured bottle.

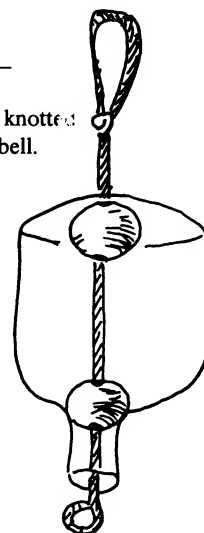
The other methods I consider to be too expensive to worry about.

Now that you have your cut bottle, here are suggestions for things to do with it —

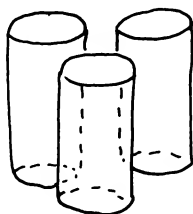
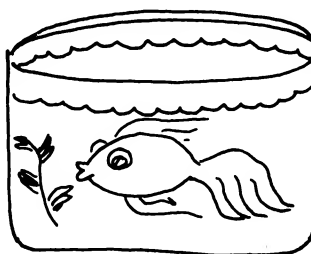


The neck of a bottle in a simple macrame hanger makes an attractive pot-plant holder.

Two wooden beads knotted onto cord for a bell.



The base of a wine flagon makes a nice goldfish bowl.

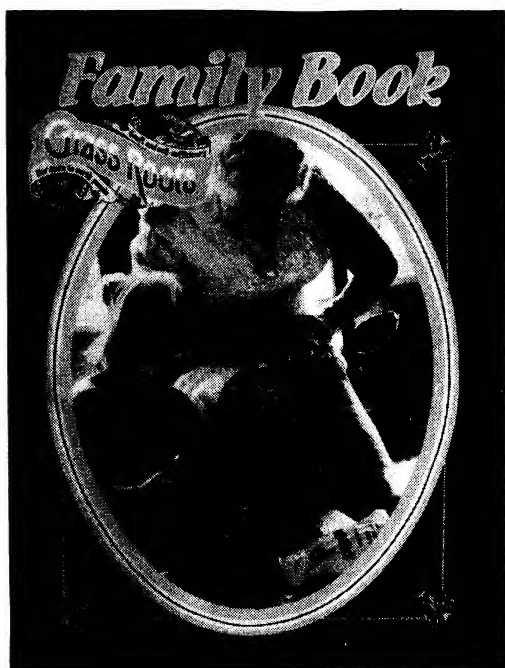


Several bottles with the cut edges ground, will make a set of drinking glasses.

*All cut edges should really be ground to prevent injury. To do this use coarse wet-and-dry sandpaper. Place it on a hard surface, face up and turn the bottle, with the cut edge down, in a circular motion. Add a little water from time to time. Then use fine wet-and-dry until a smooth dull edge is obtained.

Other ideas

- bowls for fruit or nuts or odds and ends
- a cork top to make a food storage jar
- two pieces together for a candle holder. To join pieces use epoxy resin.



THE GRASS ROOTS FAMILY BOOK

The Grass Roots Family Book is a surprisingly diverse collection of Australian family lifestyles described in that matter-of-fact way that has become the trademark of Grass Roots. It is a collection of readers' stories of how they have welded the new and the old together to forge something unique and personally satisfying in a world that for many is changing far too quickly. Many feel trampled by progress, isolated or redundant through unemployment, and others simply feel they just cannot keep up the pace. Each has something to offer, something unique from which we can all learn and their openness is touching and inspiring.

The Family Book may point you in a different direction, show you how you can change your family structure for the better or remind you of the values you hold dear that are too seldom expressed. Regardless, it is a book of life's adventure, to be read for the wisdom, the joy, the sorrow, and for the very vibrance of life itself radiating from every page.

Price \$6.50 includes post and packing.

THE GRASS ROOTS BUMPER BOOK







Ever wondered how to make your own presents, your own gift and greeting cards and even how to keep the children occupied during holiday periods? Well there is all that and more in *The Bumper Book*. In this special Grass Roots publication, readers have come together in a Christmas celebration and offered to share their thoughts, philosophies and ways of living in their usual jolly, straightforward fashion. There are stories about self-sufficiency in Japan, Christmas in Holland, living in a converted dairy in New Zealand, and renovating a two century old home in Wales, as well as plenty of fact and fancy on life in Australia from the outback to the semi-urban. As usual, there are plenty of activities and these include homespun slippers, knitting a teddy bear, how to create applique bags and cushions, preserving herbs, printing your own wrapping paper, making gift and greeting cards, herbal gifts, papermaking and more. As well there is a giant section of ideas, activities and resources for keeping the children occupied during the holidays. And the mechanically minded can drool over a plan for a simple 12 volt waterwheel that has been working on the owner's property for fifteen months.

The Bumper Book is crammed full of the joy of living. It is certainly a delight to read and one that will be recalled often.

Price \$4.50 includes post and packing.



Grass Roots Binders: these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.

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<p>No. 15 Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self-sufficiency city style and more.</p>	<p>No. 16 Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.</p>	<p>No. 17 Pheasant farming, batik, solar energy herb farms, Muscovy ducks, cultivators, cheese making, leadlighting, beer, urban forestry, cord buttons, horse and cart and lots more.</p>
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<p>No. 25 Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipes from Renate.</p>	<p>No. 26 Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.</p>	<p>No. 27 Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorized gypsies; another packed 98 pages.</p>



No. 28

Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home-made wind generator, portable chicken coop, yurts, make a bridle and more – super deluxe 106 page edition!!



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Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits, soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12 volt electric fences, energy self-sufficiency.



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Educating children, using a sickle, pigs, sheepskin boots, guinea fowl, homoeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, curing and smoking meat and fish, seed swap and more.



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No. 32

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No. 33

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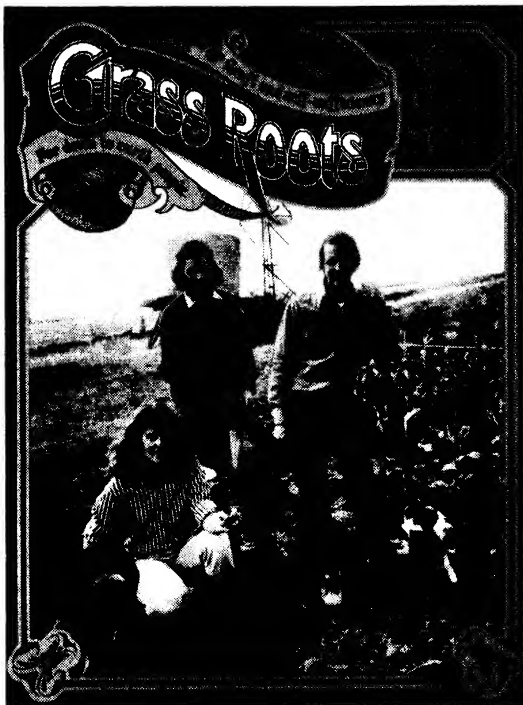
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THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of Grass Roots which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of Grass Roots, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

The Early Years has just been reprinted.
New Price \$14.50 includes post and packing.

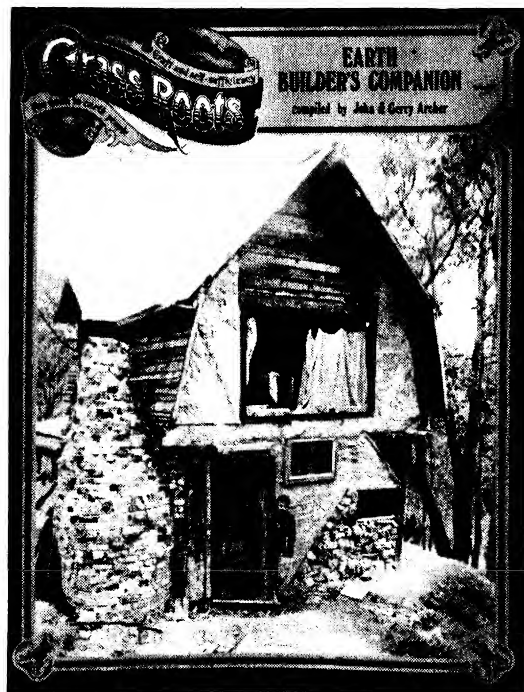
THE EARTH BUILDER'S COMPANION

The Earth Builder's Companion is a manual on how to design and build your own earth house. Folks have been building these dwellings for centuries and many are still standing long after their builders have passed on. Earth is cheap and plentiful, so is your own labour; inside this book is the information you need to put a roof over your head without council hassles or a 25 year mortgage. *The Earth Builder's Companion* is full of illustrations of early and modern earth houses and contains practical advice on:-

- a modular house — how to build in stages
- design — principles and application
- low energy housing — orientation and eaves design
- councils and building regulations — how to approach them and where to go for help
- site preparation — levelling and layout
- foundations — all about concrete slabs as well as other low-cost methods
- making mud bricks — soils, sizes, methods and testing
- erecting the walls — laying bricks, different technique
- rammed earth — complete details on this method with examples of forms and modern ramming equipment
- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls.

Even if you are not going to build a barn, shed or mud brick toilet yourself, here is what others are doing for perhaps half the price.

Price \$5.40 includes post and packing.



Grass Roots Stickers: make new friends, let others know you are a reader; 54¢ (or two stamps) each, add 27¢ postage if not ordering with magazines.

COMMON AILMENTS WHICH CAN BE RELIEVED BY HERBALS

by Hilary Andrew.

After thirty years of the study of medicinal herbs, I am entirely convinced that there is a sure cure for every ailment known to man, right there in your garden. Of course, it might not be found in *your* garden or even your neighbour's garden, but somewhere, somehow there is something growing which will truly cure you of all sorts of nasty things.

The judicious use of elder can prove a great asset. It grows into a fine shade tree and its flowerets can be added to your bath in a muslin bag. 'Why?' you may ask! To give your skin a beautiful silkiness and 'glow' that you may have thought impossible. It definitely has a rejuvenating effect on ageing skins. Elderberries made into a syrup with honey succeeds as an expectorant; to remove catarrh take a wineglassful night and morning. You never knew why elderberry wine was such a favoured addition to country kitchens in days gone by? Well, that's not the only reason why — it was also delicious!

When you catch a cold just the day before that special party it need not be a disaster. Take a handful of elder leaves and brew a tea just before bed. As you settle down for the night, drink the tea, sweetened with honey if you wish, and the deep sleep which ensues will induce a perspiration of such magnitude that the cold will be gone next morning. Also it is not a bad idea to help it along with two or three vitamin C tablets (500 mg). Elder leaves are also a fine diuretic — very helpful if you inadvertently ate too much salt in your dinner (when on a low-salt diet). Elder leaves as a tea are also a great reviver of tired eyes — use an eyebath and what is left you can drink to relieve that nagging headache.

For reducing fevers in influenza and colds, there are other equally effective herbs if you do not happen to have an elder tree. Catmint (the flowering tops), also the leaves of angelica, balm (melissa), basil, borage, burnet, chervil, lovage, meadow-sweet, mint, mugwort, peppermint, wormwood and yarrow, all of which made into a tea should be sipped last thing before bed to induce deep sleep, an adequate perspiration and consequent drop in temperature. Then there are our Australian natives, eucalyptus and tea tree leaves.

Other common ailments are rheumatism, arthritis and related troubles. No stranger to rheumatism myself, as a child I was subject to rheumatic fever which appears to have left me with a tendency towards rheumatism. The best herbal in my humble opinion is ordinary stinging nettle. Do not be put off by the thought of it as it is an infallible cure. Gather the fresh leaves with gloved hands. Cover a handful with a cup of water; bring to the boil; simmer for three minutes and when cool, drink a tablespoon three times daily. You may take it mixed with fruit juice or any other drink, and in due course it will relieve the aches of arthritis.

Other good standbys include teas of sage, tansy and yarrow leaves or a tea of the flowering tops of mugwort; take any of these three times daily for effective results. Marjoram

leaves may be heated and applied directly to the painful area and an infusion of hyssop can be applied to the surface skin. Balm (melissa) and mint leaves, bruised, may also be applied directly to the affected part.

Incidentally, marjoram in any form has marked antiseptic properties and when eaten raw in salads, has antibiotic properties. Another notable antiseptic is cinnamon, while the pure extract of the vanilla plant is antiseptic as well as deodorant. I do not refer to the synthetic vanilla often used commercially.

Researching uses to which caraway seed can profitably be put, I found that when cooked with green peas it achieves three positive results — it improves the flavour, stops the peas losing their green colour and, best of all for people who cannot eat peas because of the flatulence they produce, they are able to be more easily digested. Just a tiny pinch included in the water in which the peas are cooked is sufficient. Caraway seed is excellent for the liver, the digestion itself, as well as being a diuretic (improving kidney action).

There are herbal ways of relieving the painful and distressing spasms of asthma. A decoction of comfrey using the whole plant is reported to be helpful, but the three 'Hs' should be kept in mind — honeysuckle, horehound and hyssop. A tea or decoction made from the leaves (or flowers) of any of these three is a really effective method of relieving the spasms of asthma. The tea should be taken three times daily at least and particularly when spasms threaten.

For wounds and injuries, every garden should include calendula or marigold (edible type), as it is the most healing of all plants known to man. A tea brewed from young leaves and flowerets, taken in doses of a tablespoon will, if taken internally at least three times daily, reduce varicose veins. It is used in ointment against acne and to heal old scars — and it does! Applied to an infected injury, it will draw out the poisons overnight and prevent the wound turning septic. This drawing action works beautifully for bites and stings of wasps and insects. You will never contract tetanus if you apply calendula ointment to your injuries.

A calendula ointment which I can personally recommend is able to be purchased from most health food stores. This one I keep by me at all times and when I travel around the country it is always included in my luggage. It is 'The Scarless Healer' and it has a red rose pictured on the label. The ointment includes a pain-relieving herbal, a healer of damaged nerve endings — St. John's wort (hypericum) — and is a great comfort in the case of fingers jammed in the car door or when you hit your thumb with the hammer! Oh, how quickly the pain goes when you apply the ointment to the sore spot. Like magic, and this is just how herbs work — they seem magical.

Reprinted from *The Herb Age*, June 1982, the magazine of the Herb Society of Victoria, P.O. Box 423, Mount Waverly 3149.

PERTAINING TO PEANUTS

by Ian Miller, Grafton, N.S.W.

Apropos of Margaret Atkinson's article *Why Not Grow Peanuts?* (GR No.29), I would like to add some further information which may be beneficial to anyone contemplating growing this crop. If you can meet the following requirements, peanuts are certainly worth consideration.

Climatic and Soil Requirements

Peanuts will not tolerate frost, being susceptible at all stages of growth. Ample sunshine, moderately high and consistent temperatures, and a well-distributed but not excessive rainfall provide suitable conditions for growth.

They will grow on a large variety of soils ranging from light sandy loams to medium heavy clays, but a fertile, well-drained, light sandy loam with a good humus content is preferred. Heavier soils are inclined to produce a large bulk of top growth at the expense of nut development. Do not be alarmed if nuts from coloured soils are stained — the food value is in no way affected.

Soil and Fertilisers

Peanuts, like most legumes, do not thrive if the soil is acid, and in heavy rainfall areas where this may be so an application of lime is recommended. Unless applied to a previous crop, organic manures are not advisable for peanuts. Farmyard manure, particularly if fresh, results in a high percentage of unfilled pods. However, its value as humus is well known for the maintenance of moisture content and the promotion of bacterial activity. This fertility improvement is important in sandy soil.

Planting

It is not advisable to grow peanuts for more than two successive plantings on any land. For good results they should be grown in rotation with other crops. Early digging or ploughing is desirable so that moisture may be conserved. Prepare a fine, friable seed bed, free from large clods. For planting, unshelled nuts, nuts broken in half, or shelled nuts may be used (make sure they are raw). To ensure a uniform planting and quick germination, shelled nuts should be used. The vitality of the kernel weakens rapidly if damaged, so it is advisable to delay shelling until a week or so before planting.

As the peanut is susceptible to frost throughout its growth, planting and harvesting should occur during a frost-free period if possible and planting delayed until the soil has warmed up sufficiently to induce vigorous germination. Nothing will be gained by planting early in cold soil.

Cultivation of the Growing Crop

Weed growth is one of the greatest factors in reducing yields, and the necessity of cultivating the growing crop cannot be too strongly stressed. It should commence immediately the young seedlings make their appearance and continue



until the vines have practically covered the intervening spaces between the rows.

Harvesting

No hard-and-fast rule can be laid down as to the exact time to harvest the crop and, as Margaret mentioned in her article, harvesting is a gamble. The aim is to harvest when the vines are carrying the maximum number of mature pods. One indication that the crop is reaching maturity is a yellowing of the foliage and dropping of the lower leaves. A sure way to determine if the crop is mature is to pull up one or two plants, allow them to wilt in the sun, and if on examination the kernels are firm and unshrivelled, this may be taken as an indication that the crop is fit to harvest. Care should be taken not to harvest too early, for this will result in light, undersized, shrivelled kernels. On the other hand if harvesting is delayed there is the danger that the nuts will sprout and break away from the vines.

Harvest on bright warm days after the dew has dried from the plants and when the soil is moderately dry, so that any adhering dirt may be easily shaken from the roots. The vines can be harvested by hand pulling, or if grown on a large scale, with a mould-board plough. Hand pulling is advised only on loose sandy soils. Shake the dirt off the roots and place three or four rows together to form a windrow. Allow to lie until the leaves are wilted but not brittle and stack until cured.

If it is not desired to stack, the crop may be partly cured in the field for a few days by turning the roots uppermost to the sun. This method of curing will succeed only if birds are not troublesome and weather conditions are favourable while the crop is in the garden or field. When the vines have dried out sufficiently, they may be placed in an airy shed (or if lucky, a barn) to complete the process.

It is not advisable to detach the nuts from the plants until about six or seven weeks after harvesting, when the kernels are firm and dry. If detached too early, the nuts are likely to shrivel up and become discoloured by mould.

Uses of Peanuts

Peanuts are a highly nutritious and valuable food product for both human beings and stock. The nuts, well known as roasted peanuts, are used extensively in the confectionery trade and for the manufacture of oil, peanut butter, meals and prepared foods. The oil, known to the trade as China oil, is used with salads, for the manufacture of margarine, as a lubricant and for cooking and soap making.

Nuts of the Spanish type are usually used for manufacturing purposes because of their higher yield of oil — about 50% as against 42% in the larger Virginian type. After expression

of oil, the remainder, which contains about 40% protein, is used as oilcake or oilmeal concentrate for human or stock foods.

Stock Food

The peanut bush with or without the nuts attached is a valuable, nutritious and palatable stock food. When the nuts are grown, properly cured and removed, the leaf alone still has a high feeding value as shown in the following analysis in comparison with lucerne:

	Total dry material %	Digestible protein %	Total digestible nutrients %	Fat %	Nutritive Ratio
Lucerne	91.4	10.9	50.7	1.9	1:3.7
Peanut Vine	86.3	8.6	54.2	2.4	1:8.0
Peanut Vine with nuts	92.0	10.2	71.6	12.6	1:11.0

In conclusion, anyone with a small garden to farm and with the correct climatic conditions can certainly grow this outstanding plant so, indeed, 'Why Not Grow Peanuts?'

I wish to thank the NSW Department of Agriculture for the information supplied by them.

GROUNDNUT GOSSIP

by Dave, Kerry and Rebecca Wood, Henty, NSW.

We appreciated the information on peanuts in GR Nos. 29 and 30. Readers may find the following information from our experience helpful.

1. Margaret Atkinson (No. 29) mentions using 'viable' peanut seed. We have used ordinary old raw peanuts such as you buy from your local health-food shop with 100% germination — you cannot do much better than that. This may save Margaret a good deal of mucking about with mailing seeds.

2. Aflatoxin mould (which is said to be carcinogenic) results from exposure to dampness once the nuts are dug. The best plan is to hang the entire bush complete with nuts in a sheltered open place to dry out. The nuts can be easily removed by holding onto the bush and banging them into and against the edge of a drum.

3. Peanuts may be roasted either in the shell or shelled, but it is important not to overroast because the nuts lose their oil content, and heavily roasted peanuts are far more difficult to digest than raw and lightly roasted nuts. We place them on a tray in a fairly hot oven (400°F or 200°C) for about 10 minutes, turning occasionally. The skins can be removed by rolling the peanuts in the palm of your hand. Commercial peanut butter is usually made from heavily roasted nuts.

4. The nutritional quality of peanuts is made more available to the body when they are eaten with other grains rather than alone. For that reason peanut butter on a mixed-grain bread is seen as preferable to eating handfuls of nuts on their own.

5. Being leguminous, the peanut plant makes an excellent manure crop.

6. It also makes an excellent fodder crop, either green or as a hay. (Ask our goat!)

7. Peanut meal has been used for years in animal feeds. In fact, it was in peanut meal used in commercial turkey feed that aflatoxin mould was first isolated in Britain. The meal had been imported from Brazil or Mexico and caused the mysterious death of hundreds of turkeys in Britain. It was initially called 'Turkey X disease' until the aflatoxin was discovered.

8. Although generally considered a crop to grow in the warmer climates, we have just successfully grown some here (south-west NSW). Despite the fact that the growing season (October to March) was not quite long enough, we did get a reasonable yield — although about 1/3 to 1/2 of those we have seen on the north coast of the state.

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A MATTER OF PRESSURE

by Bill Tarplee, ACT.

The other evening my wife was reading the latest *Grass Roots* (No. 34) and was moved to comment that she intended trying her hand at Lemon Beer (p. 72). I wasn't taking much notice until she read it out to me. My reaction was to remove the page I was typing from the typewriter, and to run out a quick article. Believe me, to follow many soft-drink recipes is to court disaster.

I made ginger beer for years. I made a very palatable brew, and had more than my fair share of bottles blow up. When I look back upon it, I wonder at my own stupidity. When a bottle blows it goes off like a rifle. To carry bottles to the fridge is like juggling primed hand grenades. If one went off in your hand it could easily sever an artery.

It surprises me that more people have not been injured. I've been nicked once on the finger from flying glass, and I thought myself lucky to have gotten off so lightly.

There were three recipes shown that could prove dangerous. *Lemon Beer*: 'Do not use disposable bottles as this is a gassy drink and weak bottles will burst.' No comment! *Home-made Apple Cider*: '... stand, uncorked but covered by cloth, for 14 days.' Safe in principle, unless the weather turns cold and temporarily causes the fermentation to 'stick'. Unless a hydrometer is used, you could not be certain that the fermentation had finished. (I have on rare occasions had a brew that took a week or more to even start fermentation.) *Cold Water Ginger Beer*: 'Seal well.' That one doesn't even give a warning!

To understand the danger inherent in home bottling, we have to look to some basic physics. Most of the soft drinks call for so much lemon juice, so much water, and so much sugar. On occasion, other ingredients are also added to taste.

Fermenting is a process of placing yeast in a water mixture to which has been added sugar. The yeast 'eats' the sugar, giving off both alcohol and carbon dioxide. While we may not desire the alcohol (as in the case of soft drinks), we rely upon the carbon dioxide (CO₂) to give the refreshing bubbles to the drink.

Whether or not you desire alcohol makes no difference. If you put yeast into the mix — or allow yeast spores from the air to enter — you will invariably get fermentation. Now, if you add a fruit such as raisins, sultanas, currants, etc. you are adding yeast, since the 'bloom' on the fruit is comprised of yeast spores.

In the case of beer, the yeast is allowed to work upon the sugar — be it white or brown sugar, malt or malted grain — until the fermentation ceases. By the end of the process, the sugars will be turned into alcohol and CO₂, and you will have a flat beer. This is then bottled, a teaspoonful of sugar is added, and the contents allowed a second fermentation to build up pressure. (The secondary fermentation is used only to give gas pressure, and only a teaspoon of sugar used to do this.)

The pressure is dependent upon three factors:

1. The liquid (wort) will ferment until all the sugar is

used up by the yeast.

2. The wort will ferment until the level of alcohol reached is such that the yeast is killed by the alcohol.

3. The yeast will cease activity if the pressure in the bottle rises to a sufficiently high level. In this case the yeast is not killed. It is only rendered inactive, and will recommence once there is a pressure drop.

I suspect that already you can see the problem. In making the soft drinks we are not seeking to make alcohol, only a bit of pressure and a nice taste. However, we are adding sufficient sugar to give a fairly alcoholic drink, were it to ferment out to its natural conclusion. To prevent this, we rely upon the basic strength of a glass bottle to prevent further fermentation.

Years ago, when I was actively involved in an amateur wine-making club, we used to feature guest speakers. One evening we entertained a spokesman from one of the major Melbourne breweries. This gentleman explained many facets of the brewer's art. In the question time he touched upon the common glass beer bottle. It is in my memory that he stated that beer bottles were designed to withstand an internal pressure of 90 lb per sq in! Now that is a pretty high pressure to put between glass walls. If it should ever escape, watch out.

The history of brewing soft drinks is littered with a trail of broken glass. It just has to be that way, considering the methods involved. *It is dangerous*. I can speak from experience here. I once had thirty bottles go off in the bathroom of my flat in Melbourne, one hot night. In fact we couldn't use the bathroom until all of the bottles had exploded. We were picking glass out of the walls for weeks.

To sum up, I would never follow a soft-drink recipe requiring more than one teaspoon of sugar per bottle. To date I have not found one, thus I no longer make ginger beer. I think that it is just too dangerous for the small pleasures involved. Sorry if I've spoilt your thirst, but that is the way the bottle bursts!

This article is based on one written by Bill for the *Australian Survivor* magazine, of which he is the editor.

* * * * *

Editor's Note: We have been pondering for some time over the question of 'safe' soft-drink recipes. We have received several letters from readers who have had trouble, not so much with exploding bottles but with impossibly fizzy ginger beer. Both are aspects of the same problem — excessive pressure of gas. In No. 35 we printed a letter (p. 96) from a reader who solved the problem by reducing the amount of sugar (actually using honey) in the recipe, which in this case was taken from the *GR Bumper Book*, p. 39. A reduced sugar content would allow all the sugar in the drink to be converted to CO₂ before the pressure rose high enough either to kill the yeast, or to cause bottles to shatter. The resulting drink however, will not be sweet.

We would be interested to hear from readers of their experiences with home brewing of soft drinks, with particular reference to the problems of over-fizziness and shattered bottles, and how they can be overcome. Recipes are also welcome — but please include only those that you have tried with consistently good results.

THE WRITING ROAD TO READING

by Anke van der Heyden, Shepparton, Vic.

In this article I will attempt to introduce GR readers to the 'Spalding Method' of teaching Basic Writing, Spelling and Reading. But first let me introduce myself. I am a mother of four children, two girls and two boys. The eldest is one of those hard-working people who help to get the *Grass Roots* magazine out. She has been on the staff for the past twelve months and I must take this opportunity to say a very sincere thank you to Meg and David for giving my daughter such a unique way of making a living and with it such a logical and practical outlook on life. Keep up the good work!

I am a migrant (I came to Australia from Holland in 1960), and because of that, I have been very aware of the difficulty of spelling the English language. I also found (and pondered over this for many years) that there did not seem to be a logical approach to the learning and teaching of basic writing, spelling and reading of English. That is until I recently came across the 'Spalding Method'. I am so enthusiastic about it that I felt it my duty to share my discovery with other readers.

I was very privileged to have had the opportunity to attend a course recently given in Shepparton by Oma Riggs. Oma is the Director of the Riggs Institute of Preparatory Academy, Nebraska, USA, and was invited to Australia by the Australian Language Foundation. For 23 years she has been teaching a phonic approach to spelling, reading, writing and speaking.

The method is economical of both time and money. The teacher or parent needs only one textbook and a set of phonogram cards. The Spalding Method is so direct and well organised that the children use only *paper*, *pencil* and their *minds*. The children's language progress is so rapid that their education can begin in other suitable intellectual areas at an early age. The immediate goal for reading is to build a 'sight vocabulary' by word recognition. All children seem to learn this best if, from the start, they develop the habit of first analysing the phonic composition of any word being studied, thus hearing it mentally. This practice also trains them in the vital study habit of *analysing* and *reasoning* rather than memorising alone.

The method is the lifelong work of an elementary schoolteacher, Romalda Spalding, who many years ago realised that her extensive college training offered no means for teaching many intelligent children to read. While teaching elementary classes she found the opportunity to work with some typical reading-problem children for two-and-a-half years under the precise direction of Dr. Samuel Orston, an eminent New York neurologist whose work centred on the language problem. Mrs. Spalding then undertook the task of applying, as an educator, his scientific methods to the development of a practical system of teaching which would prevent non-readers and upgrade the standards of all children by integrating correct speaking, writing (spelling) and reading.

The importance of eliminating illiteracy and of making English easier for other peoples, since it is now the major

international language, is well recognised.

It is commonly reported that 25% of our youth are found to be unable to read and write sufficiently. School heads and juvenile-court judges have said that the most common characteristic of delinquents is their inability to read and write. This also seems to account for a good proportion of school drop-outs. Today's world requires more educated people, and fewer untrained workers. Illiteracy is clearly one cause of poverty, delinquency and crime, welfare problems and unemployment. One definite remedy is a basic education that teaches *all* to read and write everyday English well. That is a prerequisite for all further education.

Our language is probably the most valuable heritage which the past has to offer us. Our first duty, then, is to teach it so well that illiteracy, and with it mass ignorance, will disappear.

The Spalding Method is an *intensive* phonic method. The pupils are taught all the common sounds that a letter or group of letters stands for. The strong point of the method is that it uses all channels into the mind: hearing, sight, speech and writing. In addition, the pupil uses the mind to direct voice muscles to produce exact sounds, and arm and hand muscles to write the symbols for these sounds. By using all these avenues constantly, and in conjunction with one another, from the first day of teaching the method actually prevents problems developing, because if one mental faculty is weak it will be reinforced by the others. Another advantage of the method is that mistakes are corrected as soon as they are made, so that they do not become 'fixed'.

The method is based on the learning of about 70 phonograms, or spelling units, covering all the common sounds of the English language. Cards are used to teach the phonograms. Each is a single letter or a fixed combination of two, three or four letters, which is the symbol of the sound. The first 54 of the common English phonograms are presented by saying their sounds and writing them. When the pupils have learned 50 phonograms and written from dictation 150 words most commonly used, they are ready to open their first book, and they can read. In the spelling lesson, pupils underline each phonogram of more than one letter. This ties the letters together as a symbol of a single sound.

Words are taught in order of their frequency in everyday use. Pupils write spelling words from dictation, following various rules. These rules are learned through using them, not by rote, before they open their first book. The precise pronunciation of each syllable written in the spelling lesson by both teacher or parent and pupil clarifies the sound as nothing else can. No other way can fix sooner or more soundly in their memory the words they can write and read at a glance, thus building sight vocabulary. To this basis is added regular instruction in a disciplined manner, in word usage, sentence structure, punctuation, grammar, origin of words, and constant practice in reading aloud, oral expression, written work and precise writing.

The result of this method is confident, clear-thinking young people, well equipped for secondary studies, and ultimately to become an asset to Australian society. A good grasp of the English language is an indispensable tool for thinking and living.

I am now teaching this method to my own children (boys aged five and ten) and I am in contact with mothers in our area who are doing the same, and I must say with excellent results. The Spalding Method requires from the teacher and/or parent, dedication and hard work. If you are seeking an easy way of teaching, look elsewhere; but if you are seeking a sure way, look into this method with an open mind and a real desire to know. If you are seeking a way to guide children through reading to well-adjusted personalities, this method will not fail you.

If you require more information, please send sae to: G.V. Branch, Australian Language Foundation, PO Box 578, Shepparton, Vic. 3630.

The following teaching materials can be ordered from the same address:

The Writing Road to Reading by Romalda Bishop Spalding with Walter T. Spalding (step-by-step textbook): \$19.50.

Phonogram cards: \$13.50.

Cassette tapes (recording of the phonograms): \$3.00.

Advice is like snow; the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind.

Samuel Taylor Coleridge.

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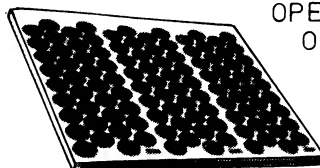
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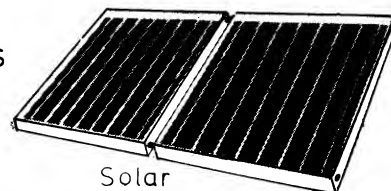
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Grass Roots General Store

In GR No. 34 we listed some vegetable seeds suitable for summer/autumn planting. Below are vegetable — and selected flower — seeds that are more suitable for autumn/winter planting. The drought being experienced in most parts of Australia means that food prices must be forced up. Of course that's not the only reason to grow your own vegetables: home-grown produce is usually superior in taste and quality, and at least you know how it has been grown. We've included some bright flower seed, because after the depression, drought, bushfires, dust storms and floods, it's time for a bit of colour! Of course the seeds listed in No. 34 are still available, as are the herb seeds in No. 28.

Borecole Spurt — 75¢ Sow summer and autumn. Spurt is a type of kale that produces masses of tender and curly leaf. Ideal for salads, or can be steamed and boiled.

Broad Bean Aquadulce Claudia — 85¢ Sow late summer to winter. One of the best broad beans for autumn sowing, it establishes itself quickly and produces a very early crop of long pods with white seeds.

Broccoli Romanesco — \$1.20 Sow midsummer to early winter or even early spring in very cold areas. A decorative broccoli with arrowhead spears that can be snapped. Broccoli is an outstanding provider of vitamins B2 and C.

Sugarloaf Cabbage April — 85¢ In cold areas sow late summer, but in frost-free areas, sow right through the winter. Sugarloaf Cabbage April will withstand bolting (running to seed) and can also be sown very close together — ideal where space is at a premium. Cabbage is high in vitamin C and also contains vitamins A, B2 and B6.

Carrot Fast Crop — 85¢ Sow late summer and continue until late autumn. The first genuine autumn-sowing carrot. High in vitamin A, with vitamins B1, B2, B6, C and E.

Winter Chicory Snowflake — \$1.00 Sow late summer to early winter. An easy-to-grow vegetable that needs no forcing, blanching or tying up. It produces heads with a crisp fleshy central area.

Corn Salad (Verte de Cambria) — 75¢ In cold areas sow late summer/early autumn, in warmer areas sow during autumn. A cold-resistant vegetable with profuse quantities of round, succulent green leaf.

American or Land Cress — 80¢ Sow from spring to autumn (or even midwinter in mild areas). Similar in flavour to watercress but easier to grow. One of the few vegetables that will grow well in a shady spot. Cress is rich in vitamins and in iron and calcium.

Globe Artichoke Grande Beurre — \$1.25 Start sowing from late winter until mid-autumn. All year round in frost-free areas. A variety of artichoke that produces large, fleshy heads of consistent size.

Leek The Lyon — 80¢ Sow the seed from spring through to autumn except in very hot areas, where sowing should be restricted to late summer and autumn. A tender leek with a delicate fine flavour and excellent texture.

Lettuce Climax — 65¢ Sow from late summer through to late winter. Especially recommended for winter sowings in colder climates. A large lettuce, medium-green in colour, with tasty, crinkled leaves. Contains vitamins A, B1, B2, B6, C and E.

Onion Red Torpedo — 95¢ In warm areas sowings can be made from late summer to early winter. In colder areas from autumn to late winter. A long red onion that is easy to grow and matures early.

Parsley Green Velvet Improved — 75¢ Sow from early spring onwards for summer crops and through to autumn for winter supply. Indoors all the year round. A compact and curly parsley, deep green in colour. Sow in pots or direct in the garden.

Radish Kutara — 75¢ Sow late summer, autumn and winter. The first of a new breed of radish that grows properly under low-light conditions.

Spinach Monnopa — 90¢ Start sowing in late summer and continue until late winter. A unique fine-flavoured spinach with almost no oxalic acid. It is bolt-resistant under reasonable conditions and is very winter hardy.

Spring Onion White Lisbon — 80¢ Sow at any time of the year. One of the best salad or spring onions, and it grows very quickly. Contains vitamins B1, B2, B6 and C.

Alpine Strawberry Alexandria — \$1.00 Sow indoors during winter or outdoors from early spring on. A bush-type evergreen perennial without

runners. It thrives in sun or semi-shade. The fruit is sweet and tangy and does not tend to attract birds.

Strawberry Fraises Des Bois Mixed — \$1.15 Sow indoors during winter or outdoors from early spring on. Mixed varieties of runnerless evergreen perennials. The plants are the bush type and the fruits are white, gold, red and crimson in colour.

Strawberry Sweetheart — \$1.85 Can be sown at almost any time of the year but ideally in autumn, winter and spring (in cold areas autumn and spring). Sweetheart produces large sweet-flavoured fruit from seed. The plants produce runners.

Tasty Gourmet Turnip Tokyo Cross F₁ — 90¢ Sow early spring, summer and autumn. Turnip Tokyo produces a small tasty vegetable with a tangy flavour.

Flanders Poppy (Papaver Rhoeas) — 95¢ Sow midsummer to early winter, or in cold areas autumn and spring. An easy, quickgrowing and spectacular annual for sunny sites.

Mississippi Primrose (Oenothera Acaulis) — 95¢ Sow from midsummer to autumn, or early spring. Delicate ice-white blooms that change through shades of cream to shell pink. Prolific and long flowering, ideal for rockeries and containers. Much more weather-resistant than white petunias, it tolerates dry soil and partial shade.

African Violet Fondant Creams F₁ (Saintpaulia) — \$2.65 Sow almost all year round except in very hot or cold periods. A mixture of fine strains of African Violets, with a colour range including red, white and blue.

Marigold Fireflame — 85¢ Can be sown at most times of the year, but is frost-tender. A bright, rich but neat dwarf French marigold.

Cornflower Blue Diadem — 75¢ Sow from late summer to early winter. A frost-hardy annual with huge powderpuff flowers of an intense deep blue.

Pyrethrum Daisy Superb Mixture — 85¢ Sow late summer, autumn to early winter and again in spring in cool areas. A mixture of frost-hardy, easily grown perennials in colours of red, white, pink and rose.

Pansy T & M's Prize Strain — 85¢ Sow from midsummer to winter. A large flowering mixture with a bright and diverse colour range.

POSTAGE ON SEEDS. Please add 75¢ (for any number of packets) for post and packing. Also list a few substitutes in case some are temporarily out of stock, or indicate if you are prepared to wait.

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ORGANIC GROWING

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Poetry

CHILDHOOD

You can't go back
There's no chance
Of that.
Oh what a shame,
It's never the same.

Sandra Joy Robertson

SIMPLY SEEING

Silky rain
On green hills and grey
Where sun-sheathed rainbows
Sway and fade.

By Lost Lemon Creek
The warm wood creams
And nothing stays endlessly
Just as it seems

One hut - then another
A woman with child -
A man with a pipe
Opposes the wild.

The wild flakes like bark
Dark people stare
And flicker and fade
And rain fills the air.

Softly come tears
In our blue eyes and grey
For the souls of the past
As they wind on their way.

Through the warm woods creaming
And the silky rain -
Through the rainbow glowing
And the gentle pain.

Tom Haythorn

OUR YEAR

Winter wet and cold with sudden unkind frosts
They stand always to attention but now with leaves drooping
Wait for summer shafted warmth to dry their tears
And snap sunny fingers at their own barren forms.

The earth is still and cold with the intruding feet
And frowns as the wind howls across the clearing
Seeking wet shelter and in the end it must retreat with chatter,
Leaving traces of their passage and a washed amid the clay.

Leave us to our own peace and to the unhappy peace
There's time enough to wait for the green spring days so full of hope
When with welcoming twigs and green reborn branches we can call
With an exultation for our growth and witness our new beauty.

Andrew Carlisle, Henley South, SA

There are telephone wires
A flash of light
In the humming circles,
A moment
And the telephone wires
Tearing off in a flurry of wings,
Earthward.

I ache to fly with them.

David Gardiner, Carnegie.

DEATH

Death, you said is your torch
Your power for death is such
That after so long
We still believe as if
It were no great a wrong
And now I realise . . .

Death is only a part of life.

Bev's Brother.

Shaving the mindless stubble,
The shower's loose teeth
And he spat them and spit.

He is in the name
Of the world's fields? exercise?
Demand a great demand less?

He is in the name
Of the world's fields? exercise?
Demand a great demand less?
He is in the name
Of the world's fields? exercise?
Demand a great demand less?

He is in the name
Of the world's fields? exercise?
Demand a great demand less?
He is in the name
Of the world's fields? exercise?
Demand a great demand less?

Terry Harrington.

*I love people who can touch others,
people who do not fear rejection.
Perhaps I am too insecure to
open my heart that much to
people I am not sure of –
but if I cannot always
manage to touch with my hands
then perhaps I can at least
reach out and touch
with my words.*

Debbie Davern

SILENCE IS GOLDEN

*To seek the wisdom
of the wise
with questions
is to embrace them
with the chains
of your ignorance
for your heart
already knows
and your mind
need only gaze . . .*

P.A. Bradbry, Griffith, NSW.

NATURE'S WONDERFUL PLAN

*The life on a single branch
of a single solitary tree
Is more than you could imagine,
much more than you thought could be.
The tiny green caterpillar,
moth, spider or flea,
All have their place
on the branch of the tree.*

*It's Nature in harmony
all over the tree,
It's Nature at work
for us all to see.*

*But then there's technology
and chainsaws and men
bent on disrupting
Nature's wonderful plan.
The forests are cut
and the land left in ruin.
With all of our technology
Just what are we doing?*

*So let's all get together
and fight for our world,
And keep nature's balance
in life and the earth.*

Kids Pages

Dear Mrs. Miller,

Last Sunday we bought two ducklings at a nearby market. My duckling is called Daisy and is brown with yellow markings on her face. My brother called his duckling Sir Francis Drake and it has yellow feathers with a little brown on its tail and back. Today we made a pen for them. Mum put some drinking water in and they tried to swim in it. They run around all the time and are growing fast. You can just about see them grow.

We also have a cat and a dog. The cat is called Digby and the dog Lady Girl.

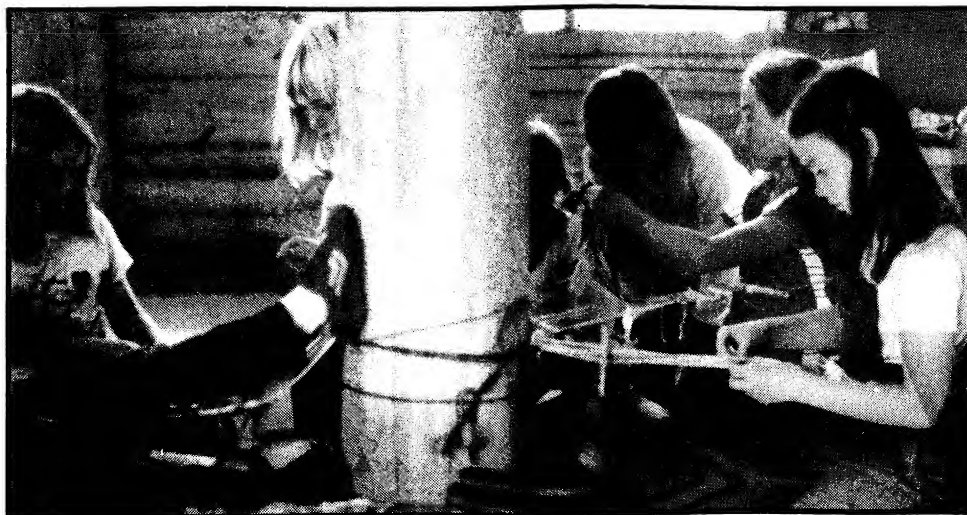
We have put our house on the market and when we sell it we are going to buy a farm. I am eight years old and will be nine in September.

Naomi Schonewille,
Settlement Road,
Coves,
PHILLIP ISLAND 3922.



A SUNNY DAY POEM Sunshine, aged 8.

*It's a sunny day
so let's go out and play;
the sun shining by
and the birds in the sky;
the trees are very high.*



This is a photo of some children using the backstrap loom pictured on p. 36. issue No. 33, at our holiday camp. The loom is easy to construct and the weaving very simple.

Joy Lehmann, Glenaladale 386 2

Where does an ape sleep?
In an apricot.



COOK'S CORNER

Hey Kids!

Here is a great recipe that will sweeten your taste-buds. You can make it yourself. You may need a little help from Mum or Dad though. I made them myself and everyone ate ten each.

VANILLA WREATHS

All you will need:

1 ¼ cups plain wholemeal flour

1 ¼ cups raw sugar

170 g (6 oz) butter

1 egg

2 tsp vanilla

Method : (read through first)

In a large bowl mix sugar and egg together. Stir in melted butter, vanilla and finally the flour. Grease baking trays, drop teaspoonfuls on tray for flat biscuits. Bake at 175°C (350°F) on shelves 2 or 4 for 10 minutes until light golden brown. Makes 6 dozen.

Anne Jones, Wilson's Creek.

'NO-BAKE' LECITHIN SLICE

Add 125 g (4 oz) butter to ½ cup honey and heat together in a saucepan until the butter has melted. Then pour it over the following combined ingredients:

½ cup lecithin meal

½ cup coconut

½ cup wheatgerm

½ cup milk powder

½ cup sultanas

½ cup peanuts

Mix until all ingredients are moistened. Then press the mixture into a greased lamington tray and chill. Cut into squares, roll into balls and chill again or eat it as it is. If the mixture is too moist add in a little extra lecithin meal.

Helen Timbury, Strathmore.



TISSUE PAPERED EGGS

A bright exciting looking egg is made by pasting a number of layers of coloured tissue paper one on top of the other.

You will need:

Blown egg shells

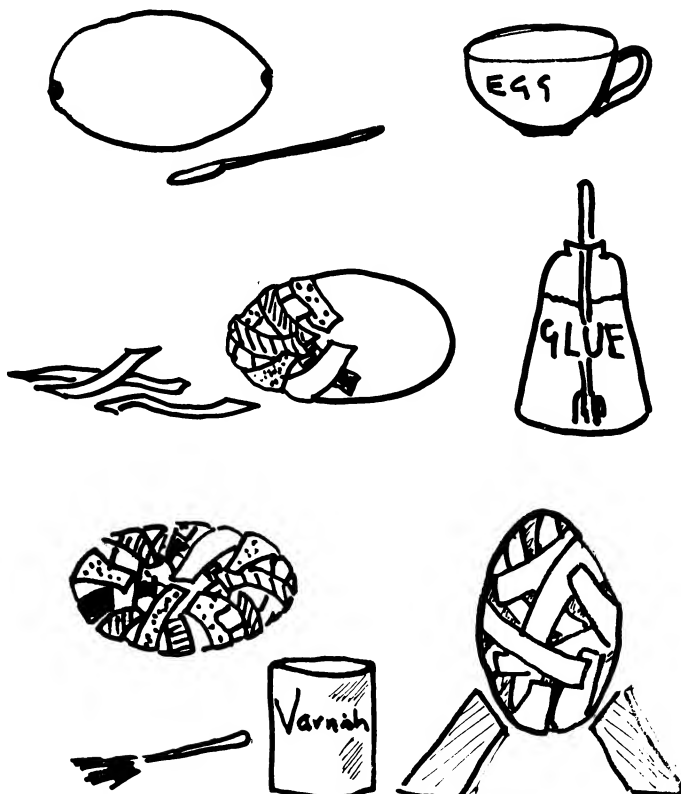
Coloured tissue paper — about 4 colours. (Left-over pieces of gift paper are ideal.)

Paste, glue, wallpaper size or whatever you have at home

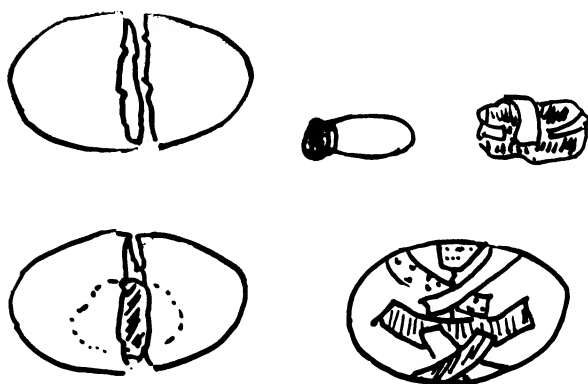
Soft-haired 12 mm (½ in) wide brush

Clear varnish

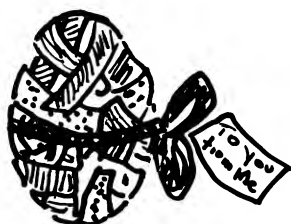
- Tear the tissue paper into strips or other shapes. Keep the colours separate.
- Begin at one end of the egg. Brush on a little paste, lay down the tissue paper, then brush on a little more paste, and lay down another piece of paper, taking care to overlap the edges.
- When about half the egg is covered, put it in a safe place to dry. When dry go on to paper the second half of the egg as you did with the first section. Allow to dry.
- You may notice that the colours tend to run into each other or 'bleed', that wrinkled areas appear darker than non-wrinkled areas, and that by superimposing (that means placing one piece on top of the other) layers of tissue paper you end up with an interesting assortment of colours.
- When dry, carefully varnish the egg in two sections, allowing the first to dry before starting the second — just as you did when pasting on the paper.



SURPRISE EGGS



- You will need carefully cut, empty, boiled eggs for these. It is best to cut the eggs directly through the middle. Spoon out all the contents of the egg, remove the membrane, and gently rinse in warm soapy water if necessary. Allow to dry.
- Wrap up a little surprise (a tiny toy, a rubber, a ring or something similar) and place in the egg shell.
- Place the two halves together and carefully paste strips of tissue paper over the join. Allow to dry.
- Paste strips of paper over the two ends of the egg as you did whilst making the tissue papered egg.
- Varnish when dry. These make lovely Easter surprises.



What happened to the cat who swallowed a ball of wool?

She had mittens.



While the Billy Boils.....

TOMATO SOUP

- 1.5 kg tomatoes
- 4 large onions

Boil until tender – put through moulie or sieve. Melt 125 g butter add 90 g flour then gradually add juice plus 30 g salt and 125 g sugar. Boil another 30 minutes. Use with equal quantity of water. Freeze or bottle.

Kaye, Wodonga.

BROWN RICE CASSEROLE

- 1½ cups brown rice
- 1 tbsp vegemite
- 2 tbsp vegetable oil
- 2 onions, sliced
- ¼ cup grated cheese
- 3 cloves garlic, crushed
- 2 sticks celery, chopped
- 2 carrots, grated
- 1-2 capsicums, chopped
- 3 tbsp sesame seeds, toasted
- 425 g tin tomatoes or equivalent stewed tomatoes
- ½ cup vegetable stock
- 3 tbsp parsley
- Salt, pepper

Preheat oven to 350°F. Prepare rice so it is still a little undercooked (approx 20 min). Drain and return to pan. Stir in vegemite over low heat. Place in greased casserole dish. Heat oil in heavy-based frypan, add onions, celery, carrots, garlic and capsicums. Fry over moderate heat stirring to prevent burning. When golden add stock, tomatoes and their juice, parsley and seasoning. Pour over rice in casserole and add grated cheese and sesame seeds. Cook in oven until heated through. Serves 6.

Vicki Austin, Sawtell.

ZUCCHINI WITH GARLIC

Whilst staying in Greece we enjoyed a particularly delicious form of zucchini which is easy to prepare. Chop zucchini into thin slices. Put flour, salt, pepper and garlic into a container with a lid, and add zucchini. Shake well so they are covered with flour mixture. Leave to stand until ready to cook. Deep fry, drain and eat. They are delicious with salads and kebabs.

Helena Monaghan, NT.



SPAGHETTI

- 5.5 kg tomatoes
- 450 g onions
- 1 dsp curry
- 225 g sugar
- 3 dsp salt, 1 tsp pepper, little garlic .

Boil together 15 mins then put through moulie. Boil 450 g spaghetti, drain and add to juice. Thickens with cornflour. Stand one hour. Bottle – bring to 180°F for 15 minutes. I repeat sterilisation 2 days later.

Kaye, Wodonga.

LENTIL BURGERS

If you like the idea of a vegetarian barbeque, then here's a recipe you could try for lentil burgers.

Cook 2 or 3 cups of lentils for ½ hour. Mash and add some marjoram, thyme, 1 tablespoon tamari soy sauce, and some curry powder if desired. Add 1 cup of mashed potato or pumpkin. Make into patties, coat with wholemeal flour and fry in vegetable oil. Delicious served in a wholemeal bun with salad.

Eileen McKinley.

APPLE CRUMBLE

- 8 large green apples
- 6-8 cloves
- 1 tbsp ground almonds
- ½ cup sesame seeds
- ½ cup sunflower seeds
- ½ cup wholemeal breadcrumbs
- ½ tbsp unrefined oil
- 1 tbsp unrefined honey
- ¼ tsp cinnamon

Peel and slice apples and simmer with cloves and honey with a tbsp of water added until apples are soft. Mix remaining ingredients. Place apples in glass pie dish. Sprinkle remaining ingredients on top of apples and bake in a moderate oven for 15-20 minutes. Serve with plain yoghurt or raw whipped cream.

Sharon, Qld.

PUMPKIN BREAD

- ¼ cup oil
- ¾ cup brown sugar
- 1 egg
- 1 cup cooked pumpkin
- 2 cups W/M plain flour
- ½ cup raisins
- 1 tsp bi-carb
- ½ tsp each of salt, nutmeg and cinnamon
- ¼ tsp ginger
- ¼ cup water

Beat oil and sugar until creamy, add egg and beat until smooth. Fold in pumpkin. Add flour, raisins and remaining ingredients. Mix well. Pour into a lightly oiled loaf tin and bake at 170°C for 1-1½ hours.

THRIFTY FRUIT LOAF

- 1 cup bran
- 1 cup milk
- 1 cup dried fruit
- 1 cup brown sugar
- 1 cup W/M SR flour

Soak bran in milk for an hour. Add all the other ingredients to soaked bran and mix well. Bake in a greased loaf tin at 180°C for one hour.

Judi Smith, SA.

CHEESE & CHIVE SCONES

- 170 g wholemeal SR flour
- pinch of salt
- 1 level tsp dry mustard
- ½ level tsp cayenne pepper
- 55 g butter
- 85 g grated cheese
- 1 beaten egg
- 3 tbsp chopped chives

Put dry ingredients into bowl and rub in butter until mixture resembles fine breadcrumbs. Add cheese, chives and beaten egg, and mix thoroughly with wooden spoon. If mixture is too dry, add a little milk, enough to make a nice, firm dough. Tip onto floured board and press out to one inch thickness. Cut into rounds and place on a floured tray. Sprinkle with a little grated cheese and bake in a hot oven.

Tim Moore.

ZUCCHINI, CARROT & YOGHURT CAKE

- 125 g (4 oz) butter
- ¾ cup brown sugar
- 2 eggs
- 1 cup coarsely grated zucchini (2 medium)
- ½ cup coarsely grated carrot (1 medium)
- ⅓ cup plain natural yoghurt
- 2 cups wholemeal self-raising flour

Cream butter and sugar. Add eggs beating well after each addition. Stir in zucchini, carrot and yoghurt then sifted flour. Bake in moderate oven for 30 minutes. Stand a few moments before turning onto wire rack.

Marigolde, Glen Iris.



ICING

- 3 apples or whatever fruit you desire
- ¾ cup soaked almonds or cashews — soaked overnight then ground
- ¼ cup water, or water from dried fruit
- ⅓ cup soya milk powder
- 2 tbsp honey

Chop apples after coring and blend well adding also other ingredients, to blend. If it needs thickening add more ground nuts and or soy milk powder. Spread on cake. May garnish with fruits of your choice such as pineapple, Kiwi Fruit, bananas, etc. Sprinkle Pollen and or coconut if it suits your fancy.

CREAM CHEESE AND YOGHURT ICING

- 125 g cream cheese, softened
- ¼ cup plain yoghurt
- 1 tbsp honey
- ½ tsp lemon juice (optional)
- ½ tsp pure vanilla essence (optional)

Blend all ingredients together.

Jenny Miller, SA

LEMON BREW

Into a bucket, grate the rind of 2 lemons, squeeze the juice of 3 lemons, add 24 cups of water and 2½-3 cups sugar. Let sit for 24 hours, covering the bucket with a towel. Bottle into tomato sauce, apple cider bottles, or any bottle with a tight fitting lid. Then let sit for 5 days. Chill and drink. Yields 7-9 bottles.

Pamela Busse.

MULLED APPLE JUICE

- 1 flagon apple juice
- peel of 1 or 2 lemons
- 1½ cinnamon sticks
- 20 cloves
- 2 tsp allspice (crushed or ground)
- 3-5 borage leaves
- very mild honey to taste
- borage flowers for garnish

Peel the lemon(s) thinly with a vegetable knife. Rip the borage leaves and break the cinnamon sticks (to release the oils). Tie the cinnamon, cloves and allspice in double muslin. Place all in a saucepan and heat: *do not boil*.

Float 1 or 2 borage flowers in each glass when serving; the flowers slowly change from blue to pink in the apple juice.

This drink is especially enjoyable on chilly nights, and our experience shows that once 'tried and tasted' mulled apple juice is first choice on subsequent occasions.

Quantities may be reduced for 1 glass:

- small piece of lemon peel
- pinch of ground cinnamon
- pinch of allspice
- 1 clove
- piece of borage leaf
- honey to taste

Meredith Shannon.

APRICOT HEALTH JAM

- 250 g dried apricots
- 3¼ cups water
- 1 cup honey

Place the apricots and water in a saucepan, cover and leave to stand overnight. Next day bring them to the boil and cook uncovered for 10 minutes then remove from heat. Add honey, stir until combined, return to heat and bring slowly to the boil. Boil gently for 30 minutes or until the mixture is of the consistency of jam. Pour into hot sterilised jars. Seal when cold.

PEACH JAM

- 250 g dried peaches
- 3½ cups water
- 1 cup honey

Method identical to Apricot Health Jam.

COLD SAUCER TEST

Place a saucer into the freezer for at least 30 minutes. To test jam, place a teaspoonful onto the saucer and return to the freezer for 2-3 minutes. If it gells, glazes on the surface and crinkles when touched, the jam is cooked. If no skin forms, further boiling is necessary to evaporate more liquid. Remove jam from heat while testing.

Vicki Polisenio.

OUTBACK DIARY

by Maureen Wright, Edwardstown, SA.

'I've been bitten by a snake! Don't panic — I'm all right. Just get the bandage.'

Well, what a start that was to our boat trip. My initial reaction was disbelief, quickly dispelled when I saw the two neat puncture marks on Barry's ankle. A drop of blood oozed from one of them. What do we do now?

We were on a boat trip on the River Murray, revising our book of charts that we have published, and had left Yarrowonga four days before. In the beautiful Barmah Forest area upstream from Echuca the Murray winds between densely vegetated banks. Periodic flooding ensures that the River Redgums grow profusely. We had been told that tiger snakes abounded in the area, and on previous trips we had often seen tiger, brown and black snakes on the banks and swimming in the water. The Murray Valley supports a large population of these venomous snakes and we have always taken precautions against stumbling into them by making lots of noise when walking through long grass and wearing leggings, boots and socks.

That evening we chose a clear bank for a campsite and moored the boat neatly against a tree root. It was one of the best moorings of our trip, since the side of the boat was level with the top of the bank and the water was deep so we could tie in close and step off easily. The bank was sparsely covered with short grass and there was a wooden picnic table nearby. I decided to take a bowl over to it to do some washing while Barry set off to do a spot of fishing. He was wearing shorts and a pair of sandshoes.

A few minutes later I heard his call. I couldn't believe it. He was standing, holding his arm and walking slowly towards me. As I ran towards him he yelled.

'Get the bandage!'

'All right — but sit down!'

My mind was racing. I leaped on board the boat and grabbed the first-aid bag — just inside the door where I had hung it only yesterday. Oh boy — we can be lucky. Everything else was still strewn about the cabin waiting to be organised. I pulled out the elastic bandage and ran back to Barry. He looked pale but said he didn't feel ill. I wound the bandage firmly over the bite and up his leg until it ran out just below the knee, and then tied it off.

'Did you see the snake? What was it?' I asked.

'I just stepped over that small log, felt a prick on the ankle and heard a rustle and saw the tail end of a smokey grey snake disappear over the bank and into the water.'

He told me he felt fine and that he was managing to keep calm. Neither of us is afraid of snakes but who knows how you'll react when bitten? I kept thinking of the first-aid measures we had discussed with friends just before leaving on our trip: bind the limb, splint it, *keep calm*. Barry was managing the latter quite well so far.

We discussed what to do next. Help was needed, and transport to a hospital, but the forest is largely uninhabited. Then we remembered a group of people fishing about two miles upstream in front of a small cottage. They were our best contact and we would have to go by boat. As Barry had to walk to the boat and climb on board I did not splint his leg. He settled himself on a drum at the back of the boat and rested his leg along the seat.

'I've just refuelled. There is plenty of petrol. The motor starts easily so you'll be OK.' (This to calm me down as I had not handled the runabout before.)

It is a very snaggy and narrow stretch of river there. In some places gum trees have fallen almost right across and I knew I had to be careful. Putting the boat out of action at that point would have left us in trouble.

The motor started on the second turn of the key and I untied and pulled away from the bank. With the nose of the boat high in the air I travelled as fast as I dared between the snags. Against the current our progress seemed awfully slow. Barry complained that the bandage on his leg was too tight and that his leg was aching, but otherwise he was feeling fine. As we approached the small landing we saw the fishermen still there — our luck was in. Barry took over the wheel to moor the boat and I called out to the people there.

They could not have been more helpful. Within a few minutes they had phoned the nearest hospital, about 50 km away, and arranged for an ambulance to meet us at the main road. Meanwhile Barry had persuaded me to loosen off the restrictive bandage as his leg was still aching badly. I reluctantly did this but it did not ease his discomfort. With hindsight we realise it probably was not too tight, but that the venom was affecting his leg.

The drive out along the narrow forest track took about twenty minutes and shortly after reaching the main Echuca-Deniliquin road the ambulance arrived. At this stage Barry was wondering whether he was wasting everybody's time. He was expecting to feel ill, but all he could complain of was an aching leg and a pain across his lower back.

At the hospital the doctor confirmed that he had indeed been bitten, and gave antivenin for both tiger and brown snakes, as the snake had not been positively identified. Barry was closely monitored for reaction overnight. His leg and lower back became extremely painful and a large black blood blister developed over the area of the bite. Apparently because the bandage had been applied quickly the venom had been mainly contained in the area of the bite, but did affect his leg and kidneys to some extent. He was kept in hospital for four days during which time his leg, initially very swollen, returned to near normal size. The blood blister looked as dark and angry as ever.

We discussed abandoning the boat trip, which was to take

a further five weeks, but eventually decided to go on. Barry steered the boat while sitting on a high stool and managed to keep off his leg as much as possible. Standing or walking caused it to swell. After a few weeks the blister on his ankle burst, leaving a wound which took many months to heal completely. Bathing it in the sea on our return to Adelaide helped greatly.

All in all Barry was lucky. He was bitten, probably by a tiger snake, when it had been startled. Had the snake been more agitated it could have produced more venom, and had it had time to get a good firm bite it could have injected more. Our first aid had been basically correct and saved him much physical discomfort.

It has served as a good lesson to us. Since the bite we have discussed snakebite and its treatment with many people and read as much as we can find. The following are some of the reasons.

No matter where we live in Australia we have one or more very venomous snakes for neighbours. They are protected in all states except Western Australia and Tasmania and should not be killed unless absolutely necessary for two reasons:

1. They are a part of our ecology. Some varieties are rare or endangered because of man's interference.
2. Chasing a snake exposes the killer to serious danger. An agitated snake is capable of producing much more venom and giving a much more serious bite.

Venoms of Australian snakes are amongst the most toxic in the world. They are rich in neurotoxins, which affect the nervous system and must be prevented from circulating in the body. As venom travels in the lymphatic system as well as in the bloodstream it is important to restrict the flow of both; hence the restrictive bandage (not a tourniquet but a full limb bandage as firm as for a sprained ankle). Splinting the limb to prevent movement is recommended.

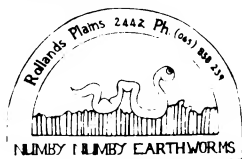
There is no need to fear antivenin injections. The antivenins in use now are much safer than those used in the past and the chances of reaction to them are small. Death from snakebite is very rare, especially if good first aid is given. It is a simple matter to add one or two elastic bandages to a pack when visiting snaky places.

Lastly it is important to treat any suspected snakebite as such; to reassure the patient, apply bandages, and get the patient to hospital.


After our experience, we will not forget the bushman's advice: 'Do not step over logs or rocks — step up on them first.'

Recommended reading: *Dangerous Snakes of Australia*, an illustrated guide to Australia's most venomous snakes, by Peter Mirtschin and Richard Davis (Rigby, 1982).

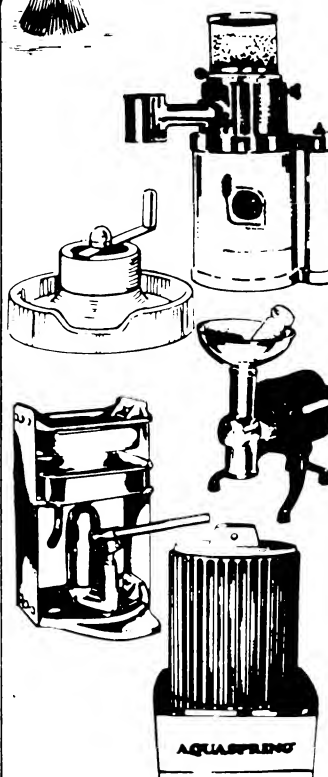
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DESIGNING FOR ENERGY EFFICIENCY AND SELF SUFFICIENCY

Part IX

by Stephen Ingrouille, Melbourne.

Television viewers in Sydney and Melbourne are fortunate in being able to receive Channel 0/28, the fifth station in those cities. Fortunate because 0/28 is a multicultural station and telecasts programmes which probably would never be shown on the other stations. Recently there has been a series on Islamic culture, with one episode dealing with Islamic architecture. Much of the episode was devoted to the environmental problems faced by people in Islamic countries, and how they coped with those problems through the ages. It was interesting to see how over many generations solutions, with continual minor improvements, were found to the problems posed by a climate of very hot days, very cold nights and limited rainfall. Compare this with postwar Australia, where we have discarded many of the concepts of living in harmony with nature: in fact, with the provision of relatively inexpensive power supplies, our legacy is one of houses generally designed to cope with everything *except* the climate. We need to buy heaters for winter and air conditioners for summer — all of which consume energy and are designed with a limited life.

I'm writing this article in my shop, an old two-storey building on the edge of the city centre. It's a pleasant 31°C in here and there is no need for fans or air conditioning, but outside it's almost 43°C with a hot, unpleasant wind. I think my shop is cool by chance rather than good design, but through the front window I can see the 'architecturally' designed skyscrapers with their massive air-cooling and heating plants.

The Islamic cities by contrast often consist of buildings only a few storeys high, with low-domed roofs designed to reflect and expel the heat. Westerners may look askance at the narrow streets of Islam, but the high-walled narrow streets and the covered bazaars keep the temperatures down by up to 10°C. The 0/28 programme showed the inside of some of the bazaars. They generally seemed to be large areas with very

high-domed roofs, usually with a slit gap at the highest point of the dome. Of course heat rises, escaping through the gap, and drawing cooler air into the bazaar at ground level. Sometimes wooden slats are placed along the gap to regulate the flow of hot air and to filter the sunlight into the bazaar.

Water supply in Islamic countries is perhaps more crucial than in many other places because of the climate. It was interesting to see the low-technology methods used to supply water for agricultural purposes. The programme showed wide, slowly flowing rivers, but the problem was how to get that water to the points of need. The Islamic solution: huge water wheels. These water wheels, constructed of wood, lift the water in hollow sections, dropping it onto an arched mudbrick aqueduct where it flows away by the force of gravity.

My diagrams may seem crude; but while the water wheels and aqueducts are crudely built, they nevertheless possess a majestic beauty. They are also very effective and of course do not need an external power source.

Also crude but effective was one of the Islamic methods of grinding flour. On top of a hillock there was a row of five or six vertical-axis windmills situated between mudbrick towers. I am assuming they were made from mudbricks because they look now like spires of weathered mud. A wooden beam between the spires supports the windmill, which consists of wooden blades attached to the central wooden pole by rough branches of wood. The central pole directly drives the stone flour grinders underneath the windmill where the operators sit. The speed of rotation is simply controlled by bundles of sticks placed between the spires in front of the blades.

Crudely constructed, yes, but simple and inexpensive to construct and maintain.

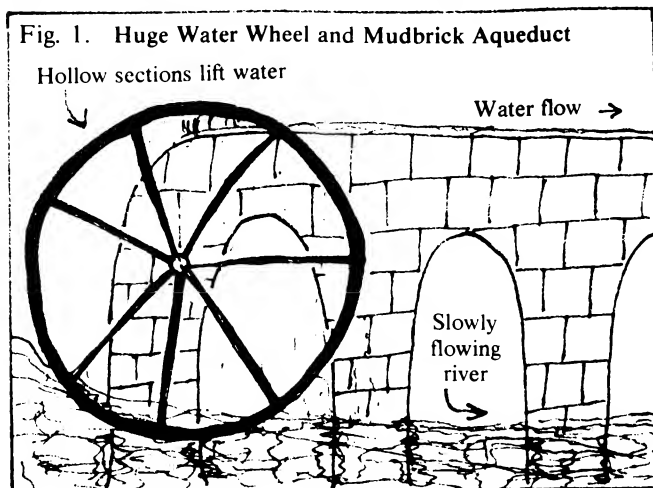


Fig. 1. Huge Water Wheel and Mudbrick Aqueduct

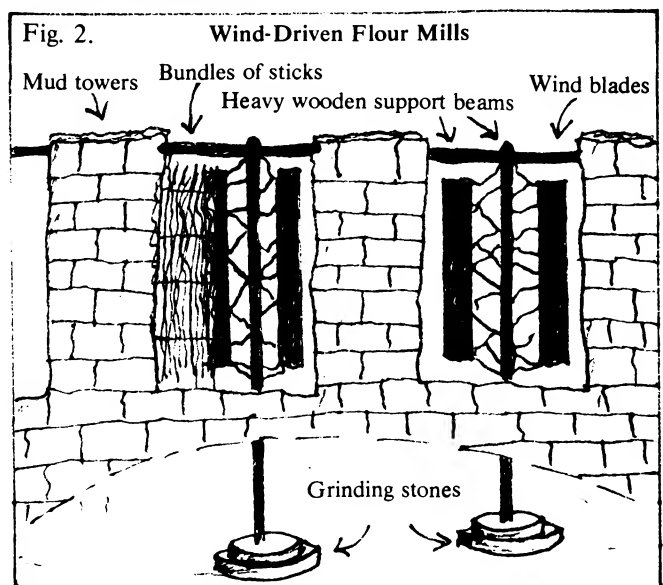
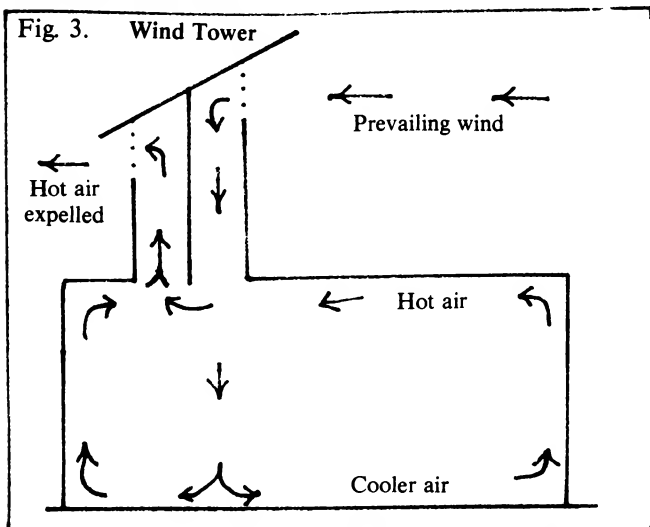


Fig. 2. Wind-Driven Flour Mills

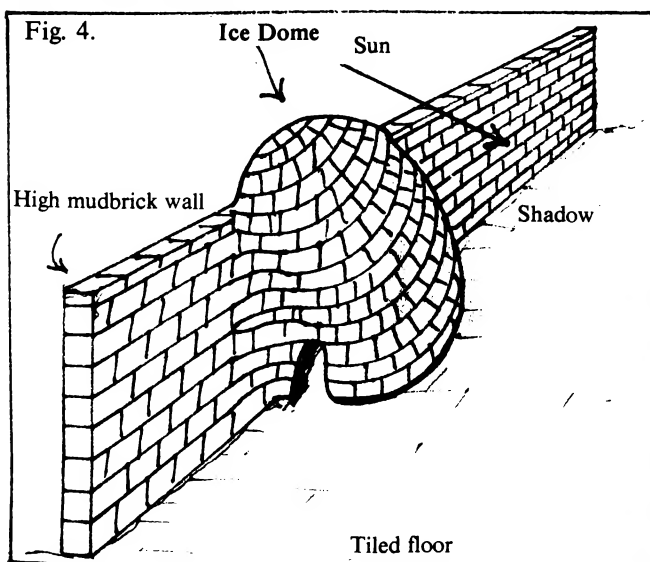
Being cool is related to the energy you exert, the style of clothes you wear, and how you feel about being warm or cool. Design of buildings can influence the latter. A mosque in one of the hottest parts of the world, in Pakistan, has high walls with domes on the roof. Coolness is suggested by beautiful mosaics of various images such as ice crystals in cool blue and green colours. The whole mosque has a very peaceful and pleasant atmosphere.

One concept in Islamic building that aids cooling and ventilation is the wind tower.



The prevailing wind is caught by towers protruding above the domed city. Being cooler than the surrounding air, it is forced down to floor level; as it warms up it rises and is expelled through the other side of the wind tower, being sucked out by the prevailing wind. Another feature (not shown in the diagram) comprises wooden sticks protruding from the wind towers on which wet blankets can be hung; these cool the wind by evaporation before it enters the tower.

Apparently, over the years, long before the advent of refrigeration as we know it, people in Islamic countries could still get supplies of sorbet and of ice for drinks, in spite of the heat of their summer. This was made possible by a feature known as an ice dome.



An ice dome consists of a huge mudbrick dome-like structure near the middle of a very high mudbrick wall. The latter runs in an east-west direction, and on the shadow side of the wall the ground is covered with large flat tiles. Towards evening, water is let into a holding tank, filtered, and then allowed to flow over the tiles until it forms a thin film. As the cool of night falls the water freezes, and throughout the night the procedure is repeated, with a thin film of water being allowed to flow into the catchment area. In the early morning, the ice is cut into blocks and stored until needed in the dome.

I mentioned near the beginning of this article that the temperature outside was almost 43°C. Well that was yesterday when I started writing. Today, it is cooler, but yesterday the temperature did reach 43°C and along with the continual drought conditions, the dust storms and the gusty winds, over the radio came reports of fires in South Australia. Later last night came the news of fires in Victoria. All day today, with some of the fires still raging, I have been listening to the radio reports. By the time you read this, those not directly affected may have forgotten the gravity of the 'Ash Wednesday/Black Thursday' fires, and the utter devastation, loss of life (human and animal) and damage to property that they caused. A fire chief fighting a particular fire for over ten hours said there was no chance of stopping it. Then he went on to say that 'fire prevention was the only answer'. Already much criticism has been levelled at those people who had trees overhanging their houses, and much more will be said as time goes by.

The lesson is there. It should have been learnt after the 1939 Victorian fires, or the 1967 Tasmanian fires. It's up to you to do something about your property and the threat to your life. More than twelve months ago in Part III of this series (GR No. 29, p. 64), I wrote on the dangers of bushfires; and in the issue before that article there were hints on bushfire safety (No. 28, p. 29). You are the ones that must take the action. Contact your Fire Board, Forest Commission, or local council — before it's too late.

TO KEEP LEMONS

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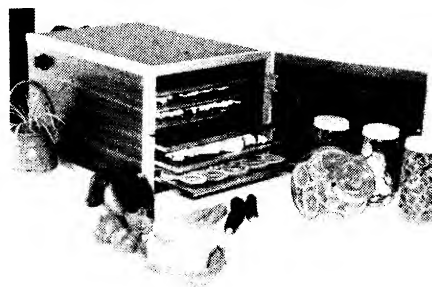
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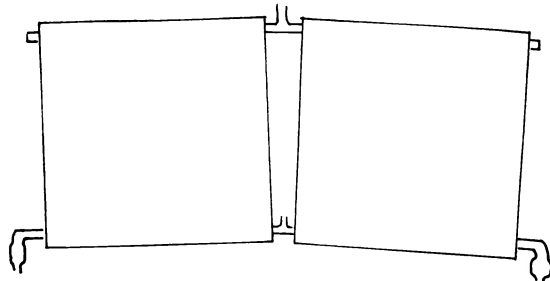
SOLAR HOT-WATER FROST PROTECTION

by Andrew Blair, Wangaratta, Vic.

When GR No. 35 arrived I had just finished a job which involved moving a close-coupled solar hot-water system. There had been problems with its frost-protection device. There in the new issue was Stephen Ingrouille's article which made mention of antifreeze protection for solar hot-water systems. As our district has many frosts our experience may be of use to those living in areas where frosts are a problem.

I would agree with Stephen when he suggests that frost protection is needed even in districts that have only a very slight risk of frosts. Last winter throughout Victoria hundreds of solar hot-water systems burst because they had no frost protection. We use frost dump valves, as advocated by Stephen, on our installations. There were no problems with any of our thermosyphon systems with ceiling storage tanks. The instructions that come with the frost dump valves suggest that they be installed as shown in this diagram:

To storage cylinder



Frost dump valve

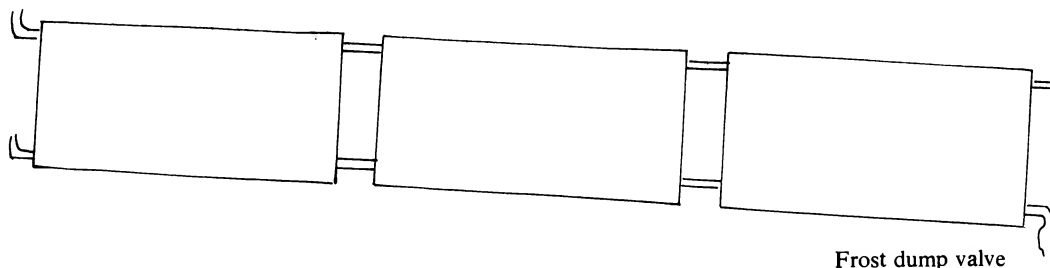
Frost dump valve

A frost dump valve is required for each side, so that when the temperature approaches freezing, water passes through both absorber panels. A set of two valves costs about \$100, as mentioned in Stephen's article. I feel that the valves are overpriced, but that is what somebody gets for a clever invention, and there seems to be no other system on the market that is as satisfactory. The cost of frost-protection valves can be halved if the panels are installed as below.

I have drawn three absorber panels because on one of our installations we have three absorbers, with a total area of nearly 6 m², protected by only one frost dump valve. As I have already said, last winter was a test for most systems and this one survived without any sign of trouble.

The close-coupled system that was being moved was fitted with an electric antifreeze heating device. Some of the first of these heaters used in this district did not produce

To storage cylinder

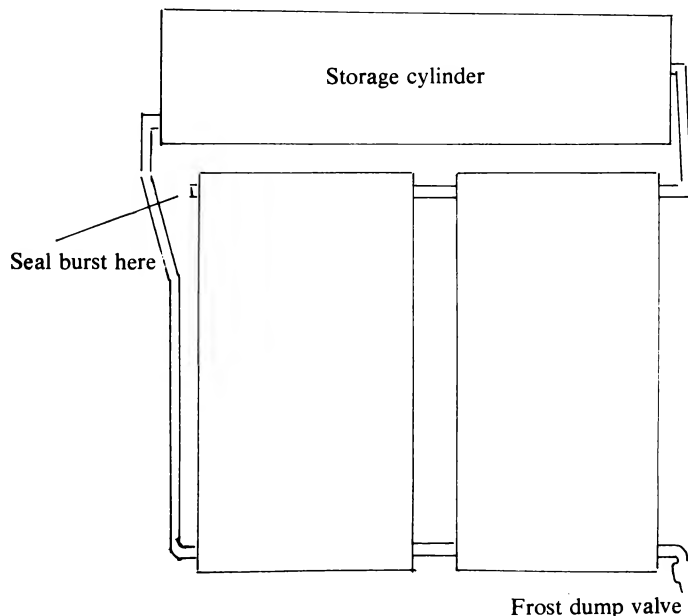


Frost dump valve

enough heat and so freezing still occurred. In this particular installation, however, this was not the problem. When the power was turned off to disconnect the antifreeze heater the meter at the power box almost stopped turning. The thermostat whose function was to turn the heater on when the temperature approached freezing point had stopped working and the 600-watt heater was operating 24 hours a day, and had been doing so for goodness knows how long. The cost would be about 70 cents a day. Since the heater was connected via the normal day-rate meter, the owners would not have realised that the extra cost was caused by the fault, but would simply have assumed that the household electricity was expensive.

The close-coupled system that we have at the Display Centre here does not have the electric heater connected; we rely on the frost dump valve entirely. One particularly cold night freezing did occur and a sealing disc at the end of the panels opposite the frost dump valve pushed out and leaked. It is the only time that this has happened. We installed a plastic antifrost tube to provide double protection before replacing the disc with a new one. Hopefully the new close-coupled units, now available with antifreeze solution, will be better.

As you can see we are still experimenting, but this can be regarded as an interim report, for what it is worth!





STRAWBERRIES

Strawberries are grown successfully everywhere from Tasmania to Queensland. In cold areas, plants will need protection from frost in the form of cloches (glass or plastic domes or tunnels) and perhaps a thick layer of winter mulch.

Perhaps the two most important points to bear in mind when growing strawberries are the plant's need for good drainage and its susceptibility to a common and widely spread virus disease.

Certified virus-free new plants grown under strict Department of Agriculture supervision, are available. However, they will inevitably become infected within two or three years and cease to crop well. The plants must be destroyed (there is no other way of eliminating the virus); the best policy is to remove your plants after two years and buy in new stock. The new plants should be located as far as possible away from the old patch to reduce the risk of infection spreading.

Location. Choose a well-drained spot. In some damp areas subsurface clay or PVC drainage pipes might be necessary. Planting on a slope will help to ensure good drainage.

Always plant in raised beds, which also aid drainage; they should be about 15 cm (6 in) high and 60 cm (2 ft) wide. It is easier to care for two short beds than one long one; have gaps of about 1.5 m (5 ft) between each bed. Plants should be in a row on top of the bed with about 35 cm (14 in) between each plant.

Ideally, you should try to choose a spot that will give protection from frosts and from hot north winds in summer. A northeast aspect will give early ripening and a southerly aspect late ripening.

Soil. Strawberries prefer light to medium soils, though they can be grown on clay soils if well drained. They also like a slightly acid soil.

Strawberries need plenty of nutrients, so compost, well-rotted manure or blood and bone should be dug into the soil a week or two before planting. Alternatively a 'green manure' crop can be grown and dug into the soil some months before. Leguminous crops such as lupins, peas or soybeans are ideal.

Mulching. Black polythene sheet is widely used by both commercial and backyard growers as a 'mulch' to cover the soil around the plants. This controls weed growth, helps retain moisture in the soil by preventing evaporation, reduces

the likelihood of fungal attack on the berries and keeps them clean. Polythene also encourages earlier ripening of berries, by up to two weeks. However, it may also increase the risk of scorching the fruit; it is wise to select a leafy variety to minimise this danger.

The sheets used are 1.25 m (4 ft) wide and 0.05 mm thick. Roll them out to cover the complete bed area, burying the edges along the sides of the bed. Make a small cut with a knife and push the plant through.

If you prefer to avoid using polythene, organic materials can of course be used for mulching — straw, compost, animal manure and so on. These perform all the functions that black polythene does, do not entail the risk of scorching, and add nutrients to the soil. If your mulch contains seeds which sprout, just turn the lot over to let the roots dry in the sun.

Planting. In Victoria, plant from mid-May to June; in Tasmania, plant a little later and in NSW, SA, WA and Queensland a little earlier. In warmer areas, planting in March will result in a winter crop.

Borage is said to be a useful companion for strawberries; the two plants seem to thrive when planted in close proximity.

Watering. The plants should be well watered in at planting. Two weeks after planting make a line of holes down the centre of the plastic sheet to enable rainwater to penetrate. If you are watering from overhead, apply water slowly to allow it time to soak through these holes. In warm weather water at least once a week.

Trickle irrigation can be used on larger patches; commercial growers usually run a hose down the bed with a dripper line supplying each plant.

Where temperatures exceed 33°C (92°F), berries can scorch and many growers find that frequent light watering is needed to keep temperatures down, using sprinkler irrigation or 'mist sprays'.

Runners. The plants produce horizontal runners in spring and summer, which will take root if they are allowed to. Once they have done so they can be separated and transplanted, although since they are likely to be infected with virus disease, it is wiser not to do so. Removing the runners as they appear encourages a late (third) crop.

Harvesting. Pick the fruit when completely coloured. Leave the stem on the fruit, removing it only when the fruit is to be used.

OUR FIVE-YEAR PREGNANCY

By Pat, Quaama, N.S.W.

A line of reassurance to those who are planning a move to the country — from one who is still in the city!

In just one month, my partner and I will be 'out there': a tent will be home, 60 acres our hope, and two city-bred dogs and three ditto cats, our company. I thought that telling of our transition from dreaming to doing might encourage others — a sort of how we did it before we have done it!

First of all, we sold our new cars (for which we had saved a deposit, obtained a bank loan and then paid most off) to provide some capital — about \$3,000. With the \$3,000 we borrowed \$10,000 over six years, and with the \$13,000 we bought 60 acres. I well remember going 'shopping' for our land. I took a week's holiday and turned the car south — north was too hot for us (one Pom, one Yank), west was too dry and too hot and east was under water. I stopped at each likely place, bought the local paper, and examined the terrain and options. At Kiama a real estate agent gave me some short, sound advice; having heard how much I had to spend and how much I wanted to buy, he said, 'Keep driving.' So I did, and that is how we ended up 13 miles north of Bega — I drove on until the price was right.

That was in 1976; by now prices are higher but you receive much more for nearly-new cars. Incidentally, ever since then we have bought reliable old bombs and run them into the ground — it is much cheaper, and there is no H.P. and concomitant comprehensive insurance. The five years since then have passed happily and usefully. We have spent the time paying off the loan, reading 'back-to' literature, buying the gear we will need from auctions and 'Trash and Treasure', markets, and dreaming out loud.

There are three things which I consider invaluable about this five-year 'pregnancy.' First, our twice-yearly camping holidays on the land have overcome our fear of the expanse, the wildness and the 'creepie-crawlies.' Second, we formed invaluable acquaintances (soon to become real friends, we

hope) in the area, whose generosity in giving information cemented together all the 'bricks of knowledge' we were slowly building from sources such as *Grass Roots* and alternative lifestyle books. Third, we were able to stockpile, slowly and cheaply, the tools of our new trade — mattocks, tents, axes, saws and spades. Our house will be built of timber, rock and mud — all available on the land, so no huge material costs are envisaged.

I hope this short summary of our progress will be of interest to people living in cities, working in jobs that do not satisfy them and thinking there must be a better way of spending their lives. And here is a parting thought: Frank, my partner, worked out that with rent, electricity, store-bought clothes and shoes (for work), H.P. on the fancy fridge and washing machine, supermarket food, and entertaining our city friends or going to functions that we do not want to go to, we have been paying \$15,000 a year for things we neither need nor really want — all for the 'privilege' of having jobs in the city and a secure income. So it costs us \$15,000 to make the dollars we do need. Thought for food, mmm?

Postscript

Shortly after sending in this article, Pat wrote us a letter to say that their move went ahead as planned:

We have been here for three weeks now; we've made ourselves a beautiful 'dunny', erected our big tent with saplings, and are now working on the stand for the water tank. The two dogs and three cats are adapting delightedly to their new home, and so are we . . . the network of new settlers appears to be well established in this part of the country and we are so glad to become a part of it all at last . . . we keep telling each other that we may never stop smiling, it is all so good!



Our first building effort — 25 ft x 12 ft cabin erected to replace our initial shelter, a tent. Beside the cabin is the water tank and stand — another important job under our belt.

Down home on the farm...

by Meg Miller



Time seems to have flown these last two months with nothing tangible to show for it. The heat has continued remorselessly and with it, the drought. One evening several weeks ago I felt very close to throwing it all in. It had been our hottest day of the summer, and I had been constantly in and out all day carrying water or just checking that no birds were unduly stressed. Come evening and feed time I discovered several little Guinea keets that had become caught on the wrong side of the fence and died in the heat. I was hot, worn out and upset, as I don't treat the guardianship of my birds lightly.

Usually we listen to the news as we eat tea but that night it was too hot for eating, so Sunshine and I continued on with our jobs. Some fruit, a quick splash with water and we set off for an evening in the office.

After dark I smelt smoke and tore outside to be met by an acrid smell and amazingly strong winds. I scanned the horizon for an ominous red glow but could find none; David joined me and suggested it was probably smoke from the bushfires. Bushfires? Missing the news I hadn't known of their existence. That night was, ironically enough, Ash Wednesday, when those terrible fires ravaged South Australia and Victoria. In fact we were over a hundred miles from the nearest major fire, but the sudden burst of fear and the instant sorting of priorities — what I could and could not save — that flashed through my mind remains a chilling memory.

When I went about my chores next morning with an idea of the extent of the devastation, it was not so much a matter of counting my blessings as blessing the fact that I had so much still to count.

The tragedy for those involved in the fires is immeasurable; time alone will perhaps ease the inconsolable grief of those who have lost loved ones. It must be difficult to accept too that the treasures of a person's entire life can be wiped out within minutes. For those of us still safe in our houses it is worth casting our eyes around a room and pondering on what life would be like without the many accessories of our past. When a friend's house was destroyed in the Adelaide fires several years back she lost everything, but the real extent of that loss only became clear later when she realised she had no photos or mementos of her two children's baby years to pass on to them. For that little family (and many more) there would be a block of years with no pictorial history to fall back on.

There is so much one accumulates in a lifetime — stuff and nonsense to others, perhaps, but part of the essence on which one builds one's life. The family heirlooms — maybe not priceless in monetary value but priceless nevertheless to those whose lives have been enriched by the treasures of past generations. There is no compensation for that sort of loss, is

there? As a community we may give our food, our clothes, our money, we may be able to physically pitch in and help people rebuild, but there is no way we can bring back these frail memories of the past.

As a country person, my heart also goes out to those who have spent years building up their own little strain of chooks, bees, goats or whatever only to have them wiped out in minutes. The figures we read — 'x' number of sheep, cattle or poultry lost — do not convey in real terms the loss for the owner. Successful livestock husbandry is based on breeding hardy birds and animals to suit your particular environment and needs; it is hard when foundation stock perish and you have to start from scratch again. As well, birds and animals seem to find a place in our lives and hearts, so that we regard them as friends, not just productivity and return. What price this replacement? And the bush and its wily creatures? This is the Cinderella side to bushfires, too mundane for mainstream media.

Can we do anything, can we help? Through the magazine I would like to see two columns set up. One listing goods, equipment, stock, materials, etc. that readers are prepared to give away and the other listing the individual needs of burnt-out families. An entry in the Give Away column might read: Meg Miller, Box 900, Shepparton: two child's tricycles, herb seeds, chooks and Guinea fowl, and one in the Wanted column: B. Smith, High Street, Cockatoo: trowel, gardening books, fruit tree seedlings, culinary herbs, vegie seed, milking goat, 6 chooks (any breed). People would need to write to each other to discuss specifics and arrange forwarding details. This is our opportunity as a group to offer support and help in the areas we specialise in. Start sorting through your sheds, transplanting seedlings, taking cuttings. We can all become involved in the venture.

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Land Link

Having belonged to and used WWOOF in London some years back, I would now like to share my place with someone who shares the GR philosophy. I have 32 acres bushland in the hills outside Beenleigh. The house is a weekend/holiday building project; it is livable and comfortable, with power for limited lighting, TV, fridge, hi-fi, hot water, etc. There's a dam for swimming, and peace and quiet. I enjoy the good things in life – music, reading, poetry, films, Tai-chi, pottery, art, vegetarian food, the odd glass of wine, the international herb and definitely the company of happy people. As for the details of sharing I'm open to suggestion. On a permanent basis, it could be that someone may want to share the house (own bedroom and adjoining study) on a rental basis, or to work for their keep either helping with the building work, gardening or keeping the house neat and tidy, or a combination of some rent and some work. If you would like to build your own little place there's a beauty homesite on another hill, and you could live with me until it's livable. If there's someone living and working in Brisbane and who wants to come out and spend their weekends here, that's OK too. So if you want to come and check the place out or if you just want to drop in for a cuppa (only rainwater used here), a meal or a chat you'd be most welcome. I'm home

Gary Beattie, Lot 23, Berzin's Ct, BAHRS SCRUB 4207. Phone: 287-2928.

Wherever you are on the mainland or whatever you are doing, we would love to visit you. We are a couple in our twenties who intend experiencing different places as we are not as yet certain as to where we'd like to settle. We will work in exchange for board. All letters will be answered.

Pam Benemann, 25 Delamere Crescent, LAUNCESTON 7250. Phone 003-312-873.

I have 55 acres on the Sunshine Coast hinterland, 12 miles inland from Caloundra, situated 3 km from the small township of Mooloolah (railway station, general store, post office, butcher, service station and primary school). I will be unable to live on this property for some time

and am seeking a couple to live on the place in return for a very small rent (say \$20 per week) and assist me to do some building renovations and maintenance. I envisage working with my 'tenants' and sharing the produce from a garden, poultry, pigs, bees, house cow, etc. There is no electricity on the property and access is over a rough road, but there is a phone, ample water, magnificent views and seclusion but not isolation. Small 2 B/R cottage is quite livable but needs some work done on it and one of the first projects will be to build a separate laundry/toilet/workshop. I would like to hear from a GR-type couple or family, preferably one with building/handyman experience who may be interested in the above.

Bruce Dunn, PO Box 319, CALOUNDRA 4551.

Murray River, Echuca, Moama, Barham districts, there are three opportunities as follows:

Firstly: Beauty, Bess and foal Bambi, Bonnie and foal Clyde would just love another lass to join the 'stable' as their 23 y.o. (single) 15.5 hand mistress is neglecting us (in our opinion) and spending too much time with her other pets. There is a separate bedroom, everything found, permanent GR style for share food cost only. Available right now!

Secondly: Couple, any age bracket with the husband possessing some building skills, two or more ladies or mother and daughter who are able to make an advance rent contribution to arrange erection of a garage workshop are offered first option on a 2 B/R W/B residence plus approx one acre of tree-swathed land, with electricity, toilet and other facilities

Thirdly: Blocks of ground offered couples, families or ladies with caravan/temporary dwelling, rent, rate free on caretaker/guest/friend basis providing they can equip themselves with a concrete water tank and meet and really need a special but very general 'rent free' requirement. Preference in all instances to hassles and complication-free (i.e. alcohol and/or drugs), Christian or Catholic GR subscribers or intended subscribers. Reply in confidence to:

Box 151, Post Office, MOAMA 2739 or phone 054-893-255 evenings if your need is urgent.

Late Feedback

Dear Grass Roots People,

Today I read GR for the first time. Could it have been fate which brought it to my attention exactly when I was despairing of ever being able to achieve a Grass Roots lifestyle. There are people who have made it so perhaps you could help me with advice from your own experience.

Three months ago my second husband, myself (43) and my daughter (15) bought a lovely 70-80 year old home on 5 acres of fertile land 18 km north of Kempsey. Although there are no outstanding views, few trees and only 200 m from the Pacific Highway, it was the closest to our dream we could afford. The house needs extensive renovation but we thought we could do it together and have a self-sufficient farm as well as the animals we love. There's plenty of water, high rainfall and room at the back for a stand of poplar trees.

Today my second husband is leaving us, probably to live in Adelaide. He's given me 12 months to remain here by which time he expects I will have done what renovations I can to obtain a good price. I cannot find work here so will be living on a pension. I will gladly work to improve the house and land but I want to stay here and realise my dream. I love growing things, animals, spinning, batik and screen printing. I bake my own bread and want to establish a herb garden. Am I fighting a losing battle with the materialistic world? Am I dreaming if I think I can make it and buy my soon-to-be ex-husband's share in 12 months time?

I would dearly love to convert part of the house into a craft shop but would need to contact other craft-minded people in the area with a view to forming a co-operative.

Perhaps it would be better to find another home with land I could manage alone but I am concerned that my daughter has changed schools 4 times in 3 years and needs to make friends and retain the continuity of her education. Am I fighting a losing battle or is there some way I can succeed in making this place somewhere special? I am willing to try

anything so long as it does not go against my trust and belief in a way of life generally called alternative lifestyle but is the same in so many ways as my grandparents lived. Please help me if you can.

**Pam Harper
705A Pacific Highway
Clybucca
via KEMPSEY 2440.
Phone: 065-650-171.**

Calendar Events

National Homebirth Conference — Easter 1983.

Open to all people interested and involved in making natural birth a normal homely process. There will be a variety of workshops offered including lay midwifery, body language in labour and underwater birthing. Child care will be available during the conference. Cost \$8.00 per day or \$25.00 (4 days). For further information:

Anna Johnston, 22 Murri Street, KATOOMBA 2780. Phone: 047-823-097 or 02-519-1349.

Echuca Community Education Group, Victoria.

Autumn activities include Breadmaking, Gun Handling, Care for your Chainsaw and Wonderful Ways with Vegetables. Contact the Group for dates, number of sessions and price.

Post Office Box 320, ECHUCA 3625. Phone: 054-824-601.

First National Cashmere Convention, May 21st and 22nd, 1983.

Glenormiston Agricultural College, Victoria. Various aspects of the goat industry, with emphasis on cashmere, will be discussed in detail. All enquiries to:

Michael Rowe, Naringal, CAPE CLEAR 3551. Ph: 055-965-122.
Rainbow Peace Gathering at Bundagen near Coffs Harbour through Easter. For further information contact:

Sunshine News, 48 Maple Road, MALENY 4552. Ph: 071-942-243.

Land Link

Would anyone care to live on a beef property in West Gippsland? It could suit a healthy, honest, retired couple with their own caravan and transport, who want to opt out of the rat race. They could create their own little area, vegie garden, fowls, milk their own cow if they wished, in return for a few odd jobs. Please write to this address:

Mrs. M.G. Porter, 142 Lincoln Road, CROYDON 3136.

We are a small Christian commune, not a church, simply individuals who believe in the teachings of Christ. We are not so much looking to practise self-sufficiency, but we consider modern life too fast and believe that people need to put a lot more time, effort and love in human relationships. Our experience has been that a simpler lifestyle lends itself to more time for one another. We would welcome visitors of similar interest.

Malcolm West, 7 Nandabah Street, RAPPVILLE 2470.

On the inside I think I've been a GR person for some time but having so many different influences around me I've found it hard to make this break. I haven't much work experience, but I'm starting a bricklaying course soon and market gardening, self-sufficiency and permaculture courses later. In the meantime I'm trying to save for a ute. I'd like to learn about motor maintenance and parts replacement of cars, motorbikes, 4WDs and tractors. If anyone can help me with learning the above and other work skills like plumbing, carpentry, welding, or give me some labouring work or a tent site for a while it would be greatly appreciated. I am a 21-year old male looking for the right road.

Ioan Gough, Post Office, BYRON BAY 2481.

I am a 31-year old male, and I have approx. 4 acres of land and a timber farmhouse. If you would like to share this with me and all the adventure of gaining self-sufficiency, please write.

Gary Dickinson, C/- Post Office, YELLINGBO 3139.

At present my lady and I are on our way around Australia. We left Sydney two months ago and are presently with friends on NSW south coast. We are heading south from here through Victoria to SA, to WA and so on. We would like to get as much experience as we can on building shelters, houses, in mudbrick, log timber or whatever. I am an upholsterer by trade and have done some building. Claire is a horticulturist and may be a help in landscaping advice and vegie gardens. If you need a hand write to:

Geoff Lawson, C/- Post Office, CENTRAL TILBA 2546.

I am currently working with retarded teenagers at Gladesville (Sydney) and I am still 'living at home' but am planning to move out sometime around March. Would there be a friendly household somewhere in the Eastwood area of Sydney that needs an extra person? I am 24 years of age, am reasonably easy-going, don't mind doing my share of housework and would prefer a fairly quiet, harmonious and responsible household. (I thought I had better warn you - I do smoke). If you have/will have or know of someone who has a spare room could you possibly drop me a line.

Michelle Brown, 30 Hull Road, BEECROFT 2119.

We require caretakers for out 5 acres here in WA, about 80 miles south of Perth, for 8 weeks this coming May and June (exact dates not yet finalised). It is a friendly community with a small school about 2 miles away (easy pedalling) and bus to high school, 10 miles away. We have a few sheep and two house cows which provide our family of 5 with adequate milk for butter, cheese and yoghurt. Hens and ducks keep us supplied with eggs and the geese are delightful company. The house is comfortable, ample water supply, and electricity; gas stove as well as the fuel stove; well-established vegie garden and fruit trees. Also two cats, dog and two beehives. We thought this offer may provide an opportunity for a family or individual considering the 'big step' to try the life; a family on the road might like to put their feet down for a while, or perhaps a retired couple needing a breath of fresh air. Anyone interested please contact us as soon as you can.

Connie & Grahame Edgar, C/- Post Office, YARLOOP 6218.

We are a family of three, with a strong bond of love. The farm which we rent is situated on the edge of wilderness, but has an abundant supply

of water. As we have plenty of room we are able to make this offer.

Perhaps some lady or single mum is seeking to escape back to a more natural way of life, or maybe the path you've been walking has become too artificial. We can offer you a room and plenty of open spaces to do your own thing, and plenty of soil for gardening. We lay down no conditions on smoking, religion, etc. as we don't expect others to conform to our ideals. A child or two would be OK as we have a daughter and children add beauty to the surroundings. In return for accommodation maybe you could pull a few weeds or gather some firewood. There are no hidden requirements or conditions - just the ability to live in peace and harmony with other.

K. Macleod, PO Box 666, DALBY 4405.

To those interested in seeking a natural lifestyle in the tropics we are offering the use of a fully renovated cottage situated in the midst of an organic rare fruit orchard north of Cairns, with upwards of 100 different species of trees from Asia and the Americas, which are growing and fruiting. We would be happy to hear from people, including couples with children, who would like to help us with our harvesting and upkeep in exchange for accommodation and food on a short-term basis. We anticipate it would be a learning experience for those interested in natural living and natural healing, and an opportunity to exchange ideas on all aspects of organic growing, irrigation technique and plant propagation. We are a short bike-ride from a beautiful beach and regular public transport passes our front boundary. Write in first instance to:

Rob & Mardi Lockhart, PO Box 141, TRINITY BEACH 4871.

WE are a couple with two children doing correspondence school - Donna (10) and Warren (7). Our property consists of 140 acres in the Deua River Valley and we have have as our north boundary, the fresh running river giving us about half a mile of private swimming. Being in NSW (far south coast) we are subject to the dreaded '100 acre' law normally limiting one residence to a holding of less than 200 acres (100 acres being the minimum building block). However we have successfully applied for a second 'worker's cottage' permit. Our flourishing garden is organic; we have grazing land, lots of building timber, wildlife, peace, friends, and potential in new fields.

Firstly: We would like to find a lady to share our home as company for Judy; help with the kid's schoolwork sometimes, and share in the pleasant work and relaxation. She would need to contribute a little financially for weekly living expenses as we are pretty poor and not yet as self-sufficient as we would like. We would prefer a lady without children but would consider children of similar ages to our own.

Secondly: We need a family with similar ideals to our own and who would like to take advantage of our 'workers' cottage permit. Preferably with children compatible with ours - our new family would have to contribute financially by means of a bulk payment, or regular smaller contributions to assist with rates and other expenses. They would need to build their own home (with our help - I am a teacher in alternative building methods). Many methods of building would be suitable here - \$5,000 would build a place - \$2,000 a comfortable small home. We could discuss and negotiate conditions with suitable families - we are open to suggestions. All letters answered.

Warren & Judy Hutchings, PO Box 8, MORUYA 2537. Ph: 044-742-187.

GR folk seem a lovely friendly group with a common interest in living a wholesome and useful life helping one another and not measuring it all in terms of money. If I could find a place to live now by just doing useful jobs such as looking after fruit and vegetables and a few animals, the only pay I would want is a place to sleep and my meals. As fast as I earn money now someone wants to take it from me and it seems so pointless - I'd rather make do with very little and enjoy a simple way of life.

Len Dodds, 'Tara', 89 Fisher Street, OAK FLATS 2527.

Are there any readers willing to accommodate a young man willing to work for food and board as I have a dreaming about being self-sufficient and would like to start a new life anywhere in Australia. All letters answered.

Martin Doyle, 93 Hooke Street, DUNGOG 2420. Ph: 049-921-083.

Unclassifieds

There is a fee of \$5.00 for each Unclassified and we do appreciate it if you can limit your advertisement to 75 words. Please mark envelopes 'Unclassifieds' and forward payment with the advertisement.

LAND FOR SALE: In northern Tasmania at North Motton, 7.2 acres bush, half cleared. There is a livable shack with slow combustion stove, a dam, water tanks, chook pen, huge supply of dry firewood (could be sold), logs for milling, tree ferns. Only 8 miles to Ulverstone and coast; commutable distance Devonport and Burnie. Phone, electricity and other extras. Half mile to Leven River and Dial Range. Price \$16,000.

N. & J. Collins, C/- Post Office, ULVERSTONE 7315.

FOR SALE IN NORTH-WEST TASMANIA: Twenty acres consisting of 6 acres cleared with the balance bush; permanent creek winds through property. Large front paddock is separately fenced. Recently renovated 5 room cottage lined in local hardwood an insulated external walls and ceiling. Outer cladding is upright boards; open fireplace; town water and electricity; large dog kennel, vegetable garden and poultry shed. Situated in farming community, 20 minutes from Devonport. Price: \$25,000.

Enquiries to:

V. Hughes & John Martin, 10 Shepherds Road, RAILTON 7305.

FARM FOR RENTAL: We wish to rent our 50 acre farm in N/W Tasmania. It includes 20 acres of forest with river running through. House is in good condition, amply heated with large wood burning heater, (roof insulated), fully furnished, freezer included. Next to house is an established one acre market garden and the land is presently carrying 80 sheep. This would provide an ideal opportunity for anyone to try their hand at small-scale agriculture prior to adapting to rural living. Rent will be \$80 per week with a 12 months lease. Much of this could be offset from the farm produce – many tools available for the operation of the farm.

Kent & Lin Taylor, Takone Road, TAKONE 7325. Ph: 004-384-135.

FARMLET FOR SALE: North-East Tasmania. Ten acres cleared and undulating with comfortable renovated home: 3 B/R plus study, 40 ft x 10 ft enclosed verandah, OFP plus heatbanks, all conveniences. Ample water, established garden, apple orchard, garage and sheds. Close to school; 52 km from Launceston, 13 km from Scottsdale. Approx. 25 minutes to beach; mountain views. We are asking \$39,000 ONO. For further details please contact:

Geoff and Jan Osborn, C/- Post Office, NABOWLA 7254. Phone: 003-528-152.

FOR LEASE OR RENT: Secluded and tranquil 12½ acres (bush and pasture) situated in the picturesque Paterson Valley area NSW, 20 minutes from Maitland. Slab dwelling 36 ft x 12 ft, free-standing fuel stove, generated power, phone connected, dam water and pump, semi-permanent creek, limited tank water, reticulated supply could be laid on. There are sheds, a small orchard – would suit environmentally conscious persons, *no drugs*, and no excessive alcohol accepted. Rental \$45 per week. For further information:

Ring J. Howarth on 049-336-126.

CALLING ALL SAINTS (Isa. 65:21): Donations large or small will make you a member of our co-operative buying several hundred acres of land near Coffs Harbour NSW (God's country), for multi-occupancy farming to unite saints in a self-supporting venture. Donations will be registered and paid back and the land will be allotted by acreage – 8 to 10 per family – of which 60% can be purchased cheaply and 40% on no interest; no deposit to those with no finance at all. If you have no interest you can still donate to help those less fortunate than yourselves.

Saints Unite Now.

F. Harity, Lot 2, Pacific Highway, MSF 1318, GRAFTON 2460.

LAND FOR SALE: We have 1,000 acres at Nymbodia on the river that we trust will be preserved and cared for. No power; phone available; 10 mins to local schools; 25 mins to Grafton; 1 hour to Coffs Harbour. Permanent creeks and dams; partly cleared, rainforest patches. It is being subdivided into 40 ha lots at \$30,000 and three 8 ha at \$22,000. Shares in 40 ha are five at \$6,000 each. Finance available for half amount. Contact:

J. Harrison, Post Office, GLENREAGH 2450.

FOR SALE: Sixteen acres situated 1 km from Castlemaine township. There is a dam, good fencing and some fruit trees. The land is adjacent to a state forest and cannot be built out. Price: \$18,000.

Mr. Norman Martens, Post Office, FALLS CREEK 3699.

NIMBIN HOUSE FOR SALE: Delightful 1 B/R cottage 2 years old, on ¼ acres on edge of Nimbin, NSW. Town water, septic, H/W, phone, potbelly and electric stoves. Some furniture included, remainder negotiable. Beautiful mountain views; town one side, dairy farm on other. Large vegetable garden. Level block, house professionally built and easily extendable. Price: \$35,000.

Shirley, 24 Cecil Street, NIMBIN 2480. Ph: 066-891-261.

WANTED: Land, preferably virgin bush with permanent water, secluded or semi-secluded, from Kempsey to Cooktown. We have finance for suitable land at a reasonable price. If you have anything you think may interest us please write.

Chrissy & Geoff Preston, Box 170, BROOME 6725.

COMMUNITY: We would like to organise a community on beautiful land in N-E Gippsland. The land is adjacent to three other communities and has dams, a spring and a house on the 320 acres. We are looking for people who believe in sharing and caring for others in a country situation aspiring to self-sufficiency through harmonious use of the land. A share would be approx. \$7,000 for the ten shareholders/families envisaged. If interested contact:

Ian Jackson, C/- Greenacres, Woori-Yallock Road, COCKATOO 3781 or phone 03-877-3016.

WANTED: An attractive woman of 40 wishes to meet a sensitive man who is ready for an honest and committed relationship – someone with whom to share enthusiasm for nature and non-superficial communication. I would be willing to live anywhere with the right person. If interested, tell me who you are as explicitly as you can and I shall do the same.

S.G., 3/9 William Street, NORTH SYDNEY 2060.

LAND FOR SALE: At Torrington, 50 acres virgin bushland with permanent water (2 dams) also an old tin mine with the sole mining rights. Plenty of wildlife, very secluded. Good dirt road access. Ideal spot to get away from it all. Price: \$12,000. For more information ring or write:

Julie & Geoff, 94 Mary St, MERRYLANDS 2160. Ph: 02-632-7415.

WORKSHOP MANUALS: Repair your 4-WD with the aid of a manual as used by professional mechanics. Jeep WWII \$11.50, Jeep to 1978 \$14.50, Landrover, Range Rover, Subaru \$16.95, Hi-Lux, Landcruiser 75 on, Landrover diesel, Nissan Patrol \$18.95, plus postage; NSW \$2.40, Vic. and Qld. \$3.75, SA and Tas. \$4.25 (any balance refunded). Manuals also available for almost every make of car and motorcycle in Australia. Send SAE with enquiry to:

Campbell's Motorbooks, PO Box 609, MURWILLUMBAH 2484.

LAND FOR SALE: We have 25 acres of land for sale at Gower East (10 km from St. Arnaud, 60 km from Bendigo). We have shifted to Toora and find it difficult to go to Gower between odd jobs and work at home. The land has 5 acres of river frontage which is leased for \$10 per year for pumping from the Avoca River. There is a young GR family next door. SEC and phone available. Contact us with any queries.

Phone Ron or Merrilyn on 056-816-296.

FOR SALE: Our 14 acre property at Diamond Valley, Mooloolah is 25 minutes from Caloundra on the Sunshine Coast. The recently renovated and painted 2 B/R W/B house has new cypress pine walls, ceramic tiled floors in large kitchen, bathroom and laundry; carpeted living area; double garage. There are over 100 established fruit and nut trees, (most are bearing) under tree irrigation from permanent creek. This creek also fills a 2,000 gal tank and services the septic (5,000 gal concrete tank). House and orchard area is fenced; good dam sites; some of the property is steep and heavily timbered. Come and have a look and make up your own mind. Price \$75,000 ONO.

Phone 071-913-970, 071-941-268 or 071-921-769.

Unclassifieds

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FLOUR MILL ATTACHMENT: Outlook Alternatives is overstocked with Retsel Baker's Maid flour mill that attaches to the Kenwood mixer. The normal price is \$69.50. Until our stocks are sold, you can have this stone flour mill for \$55 posted. Send to:

RMB 9010, WANGARATTA 3678.

FOR SALE: Cement brick home (3-4 B/R) on 2 x ½ acre blocks at Woolbrook in New England area. Complete with garage, large shed, goat shed, vegie garden, chook run, fenced goat paddock. Ample tank water; phone connected. Small friendly village with general store and railway station also small primary school. Ideal retirement. Bargain priced at \$22,000.

Phone Don or Judy on 067-775-807.

COUNTRY POSITION WANTED: Young family consisting of brother and sister (divorcees, late twenties) and two children (boy and girl 5 and 6) are sick of living plastic lifestyles. Seeking country setting in return for work or farming duties – will pay small rent or accept no pay. Very hard worker – anything considered. Anywhere from around Newcastle to Tweed Heads, coastal or country. Hoping to start a new life as soon as possible and bring the children up in a worthwhile environment.

Rick and Cathy Hatton, 34 Myrna Road, STRATHFIELD 2135. Phone: 764-1378.

FOR SALE: Lush acreage block – 40 acres adjoining CSR macadamia nut farm, Rosedale, Qld. Creek frontage – 3 km from beach. Great for small crops or stone fruits. Price \$26,000 – terms available if required on \$5,000 deposit – balance 8% interest 5 years. Contact:

Shelley, PO Box 138, BRISBANE MARKET 4106. Ph: 07-379-6413.

HANDCRAFTED FIRE BELLOWS: Entirely crafted by us from solid timber, leather and copper. They are attractive and very effective at resuscitating the open fire, fuel stove or barbeque. If anyone is interested, please send SAE and we will forward a colour photograph showing our range, together with relevant price information.

Dave and Pam Jones, C/- 7 Sullivan Street, KEMPSEY 2440.

FOR SALE: Forty-five miles from Devonport, 2 B/R cottage on 2¼ acres. Part of the cottage is an old schoolhouse lined in Tasmanian oak, the remainder is solid but needs a few repairs and paint. There is ample fresh water, electricity, septic tank and inside toilet. School bus and telephone 50 yards away. The land is divided into paddocks with stable, feedshed, garage, sleepout, poultry yard and shed and goat yard and shed. Price is \$16,500.

Lyndell Dunlop, 36 Main Street, SHEFFIELD 7306. Ph: 004-911-556 or 004-911-671.

A NEW PAPERBACK: Direct from the author/publisher, *The Lost Philosophy of Love* by Roy Victor Love. Some comments received are, 'This is what the title suggests'. 'It gives good vibes and a lot of information for a small book.' Print your name and address clearly on a separate paper. Price \$4 plus 70¢ postage (surface Aust., NZ). Free surface postage for 4 or multiples of 4. It weighs 100 g plus the envelope.

Love Publications, 43 Didcot Street, KURABY 4112.

SHARES AVAILABLE: We have an 80 ha property at Tucabia, east of Grafton, on the north coast of NSW and would like people to join us. The development costs (council contribution, council fees, road works, dams and the like) call for a levy of \$1,950 per ha. This entitles people to have their name recorded on the title as tenants in common in proportion to the area selected with a minimum of 2 ha (\$3,900). Sole use of the area purchased is afforded to people buying. Further details:

Phone 066-448-310 home and business 066-448-311.

LAND FOR SALE: Twenty-six acres at Mt. Simpson has humble dwelling with power connected. Great goat country. One hour from Hornsby. Price is \$39,000 ONO.

Write to RMB 2694, MT. SIMPSON via GOSFORD 2250. Phone 049-988-275.

NUMBY NUMBY EARTHWORMS: Home of the 'Speedy Breeder Compost Worm'. Breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. The 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Let 'Speedy Breeders' halve the time and work you put into turning the soil and compost and watch them create perfect topsoil.

Just \$8.00 for 500 worms or \$15.00 per 1,000 worms. Free pamphlet on worm care and postage Australia-wide included. For air mail please add extra \$1.00 per 500 worms.

Numby Numby Earthworms, ROLLAND PLAINS 2442. Phone 065-858-239.

LAND FOR SALE OR RENTAL S-E QUEENSLAND: In four blocks, 168 acres suitable for small community. Lots of trees and pasture. Spectacular views over Lockyer Valley. Permanent creek – one dam and dam sites. All weather road; good fencing. From Toowoomba, 10 km and 125 km from Brisbane. Price: \$25,000 per 42 acre block or lease the whole lot for \$35 per week.

P. & J. Vonk, 637 Channel Highway, SNUG 7154. Ph: 002-679-333.

SHARE IN ACRES: Would anyone young or old be interested in share buying 80 acres of scrub land (mainly Mallee) on Kangaroo Island off the coast of South Australia? It is on bitumen road with phone and electricity available. Sufficient limestone to build house; close to beach and fishing; water available at shallow depth. Mild climate and no foxes or rabbits on the island which is serviced by ferries and planes. Potential for a craft shop or similar. Aim is to clear part and pasture and grow vegies, orchard and have fowls. If interested price is \$11,000, terms negotiable.

Mrs. I. de Barri, C/- Post Office FRANCES 5262. Phone 087-651-095 after 9 p.m. or before 8 a.m.

LAND FOR SALE: Just north of Taree, at Elanus, on the mid-north coast NSW; 168 acres of mountainous, timbered bushland with reasonable flat ridges. It has N-E aspect, frost-free, seasonal gullies (sub-tropical), permanent water from adjacent block by piping. Small tin dwelling with water tank, fenced vegie garden. Price: \$20,000.

Also for sale – a beautiful draught mare about 80% Clydesdale, in foal to registered Clydesdale stallion. Broken to work; 11 years old. Asking \$2,500. For enquiries contact:

Phil Bennett, C/- Post Office, ELANDS 2429.

FOR SALE: Herbal course notes professional – complete set including iridology, nutrition, homeopathy, etc. Best offer.

PO Box 550 WAGGA WAGGA 2650 or phone: 069-225-451.

SACHET, POTPOURRI SUPPLIES: Lavender flowers, rose petals, jasmine flowers, naturally sun-dried retaining maximum natural fragrance and colour. Delightfully fragrant sandalwood powder – \$9/200 gm postpaid. Gum benzoin – \$2/25 gm, sandalwood oil – \$4.50/8gm postpaid. Wholesale rates start at 1 kg and are the best in Australia.

Peter Hunt, PO Box 148G, PASCOE VALE SOUTH 3044. Phone 03-386-2107 from 9.30 a.m. to 9.30 p.m.

CARETAKER WANTED: We have a piece of farm land approx. 200 acres, with permanent water, loads of pine wood plus an aluminium caravan which we do not use, ten cows and a great number of kangaroos and other people. We wonder if someone, or two, may be interested in living in the caravan rent free and use of the land free, in return for just being there. Telephone is connected but no power. Bad road, 6 miles to nice town but very isolated and snows in winter. Situated 60 miles from Melbourne. Non-smokers if possible; definitely no cats. Secure tenure. Living costs would probably be nil or very low. Rabbits here and there – grow your own vegies.

Ted Moore, 26 Percy Street, BALWYN 3103.

OLD FARM HOUSE TO LET: Sassafrass between Nowra and Neriga NSW. No goats. Keep eye on property – \$5 to \$10 per week. Ring Andrew on 747-6982.

Unclassifieds

FOR SALE: Must sell 5 acres at Daylesford, Vic. Approx. 120 km north of Melbourne – 5 minute's drive from both Hepburn and Daylesford springs. Good mudbrick clay. Land is natural bush. Steep slope goes down to flat land with a small gully (water runs winter, spring only but could be easily dammed). Smaller slopes on other sides suitable for building. No services, dirt road. Within walking distance of state forest. Price: \$8,500. For more information contact:

Bernie and Graham on 03-592-4458 or write to 19 Loeman Street, STRATHMORE 3041.

FOR SALE: Nutritious fruit cakes for school lunches. All recipes use wholemeal flour and fruit or vegetable and nuts – all delicious. Send today – \$1.25 per selection or 2 for \$2.00 post free.

Lesley King, Box 28, WONDAI 4606.

BOOKS FOR SALE: We specialise in new books on small farming and self-sufficiency topics and horses, harness and horsedrawn vehicles. Book lists currently available – Alternative Power Systems; Horses and Horsedrawn Vehicles; Crafts and Useful Skills; Building and Construction (for the do-it-yourselfer); Animals and their Care; Gardening and Green Things; Cooking and Kitchen Crafts. Send a SSAE for list of your choice to:

Jenny and Martin Fawbert, Hobbybooks, PO Box 62, ROUND CORNER 2154.

STONE HOUSE ON 80 ACRES: Total seclusion, 11 minutes on sealed road to Glen Innes. Octagonal open plan stone home, huge open fireplace, quarry-tiled kitchen, combustion stove, new timber-lined bathroom, septic system, one bedroom. Stone/timber double garage and spacious workshop. Restored pre-1900. Guest cottage. Established vegetable, herb and flower gardens. Lots of fruit and nut trees. Creek and dam. Partly cleared. Good fencing. Solar electric power and water pump. Mains power available. Price \$62,000. Further details:

Garry Gilkeson, phone 067-322-288. A.H. 067-343-510 or 067-321-546.

FOR SALE: The best of both worlds – 27 acres highway and river frontage, elevated building site, 2 miles from Lismore post office. Lots of trees, joins Lismore lake and wading pool. Lagoon, could irrigate 15 acres or more; old dairy and bails, internal tar road to building site, power and water. Wonderful site for restaurant or holiday farm. Would accept small property as part payment. Price: \$65,000.

Haydn Frisby, Box 854, LISMORE 2480. Phone: 066-847-366.

PERSON WANTED: Preferably with practical experience at living on the land and certainly with cash to pool resources for buying land in East Gippsland. I have \$10,000 and three horses – one full Clydesdale, 2 part Clydesdales. We all have very singed arses from the recent Cann River fire and a desperate need to find suitable greener pastures. This is not an ad. for a 'soul-mate' but for another like-minded human being to buy land with, who would be agreeable to splitting it in two or using the land co-operatively. Fifteen acres would suit my needs but most small blocks have a price tag of \$20,000 to \$40,000. I'm sure there must be another person in the same boat who would share similar interests and ideals as myself but who is feeling somewhat hobbled by lack of dollars. Please write (SAE appreciated) to:

Jill Redwood, BULDAH, via Cann River 3889.

SHOES WANTED: A pair of treads – size 8. Do you remember those fantastic sandals which were available in Melbourne a few years back made from retread tyres and suede leather? If you know where I can get a pair new or secondhand I am willing to pay a good price.

Linda, C/- 13 Stewart Avenue, SOUTH CURL CURL 2096 or phone 02-939-1007.

LAND AND HOME FOR SALE: From new subdivision at Upper Eden Creek near Kyogle, northern NSW. Sloping, semi-cleared, frost-free areas, creek frontage: 35 acres – \$33,000; house and 25 acres – \$55,000. A smaller block of about 20 acres and one of 100 acres may also be available soon. In the case of a quick sale to environmentally conscious buyers, these prices may be reduced further.

Eva and Rainer Taeni, Post Office, NIMBIN 2480. Ph: 066-897-231.

INTERESTED IN ASTROLOGY? Want to have your very own personal birth chart drawn and explained to you? Send \$20 to Peter, PO Box 184, DARRA 4076, with date, place and time of birth, and be pleasantly surprised at how much this ancient science really has to offer.

LAND FOR SALE: Three-four acres Private Ownership sharing in Tenants in Common of 160 acres. Mostly timbered, small area of cleared land with beautiful rainforest backing onto Nightcap National Park. High rainfall, rich soil, creek, dams, excellent views. Sealed access road, school bus; 10 km from village of Nimbin; 40 km to Lismore and Murwillumbah. Price \$10,000. Contact:

Brian and Susan Solomon, Blue Knob Road, NIMBIN 2480 or phone Terry Thomas on 07-370-2550.

ALMONDS DIRECT FROM GROWERS: We supply 8 kg of first grade almond kernels for \$45 post free anywhere in Australia if payment made with order. Sorry, no smaller quantities possible because postage then too expensive. Remember – a handful of almonds contains as much protein as a steak! Please write to:

A. F. & U.R. Stehlik, Orchardists, Box 234, WILLUNGA 5172.

HOME FOR SALE: At Sunrise Farm Community. Mudbrick and timber with slow combustion and potbelly stoves, solar lighting, sleeping loft, tank and dam water. Rabbit-proof fenced garden area, fruit and nut orchard and chook run. Price: \$28,000. Sunrise Farm has 575 acres with shareholders having the use of 3½ acres and the rest is for community projects. Most members are vegetarians and not into drugs. Buyer would need to become known by members. It is \$1,000 per adult (over 18) to join. Contact:

Carmel, Sunrise Farm, BUCHAN 3892.

FOR SALE: Clean, bright country store and residence. Ideal opportunity for family to work together and enjoy country living.

Location: 40 km S-E Tamworth close to primary school; 3 km Chaffey Dam. Residence: 3 B/R, kitchen/dining, bathroom, laundry and large lounge with open fire.

Land: One acre rich alluvial soil perfect for gardening. Own well, ample water. Hay shed with built-in goat pens.

Business: Liquor licence, take-away food, fuel, souvenirs and small grocery business. All cash. \$95,000 plus stock. Some finance.

Phone 067-642-243.

FOR SALE: Acres and house close Sydney – 14 miles Windsor, 2 miles Hawksbury river boatramps. House, 4 B/R, garage, LP gas fridge, freezer, HW, stove, 240 and 12 volt gen. battery inverter, electric and gas lights. Thirty acres undulating cultivated clay and loam watered dam, spring; 20 acres natural bush. Sealed road, isolated, school bus. Suit two families. Price \$105,000. Vendor finance.

Cliff Leeson, West Portland Road, EBENEZER 2756. Ph: 045-791-064.

FOR SALE: Forty acres, 1½ hours north of Hornsby at Boree. Access by two wheel drive except in extremely bad weather. No electricity or phone available in the foreseeable future. The block is surrounded on three sides by Crown land and has a sandy-bottomed creek roughly through the centre. Flat to undulating land totals 10-12 acres with the balance being valley sides, heavily timbered with a variety of timbers. Price is \$21,950 with some vendor finance available.

Bart & Sue Rensen, Glen Road, OURIMBAH 2258. Ph: 043-621-849.

FOR SALE: Home and about 2½ acres of land in quiet, lush valley on mid-north coast; 3 B/R W/B home plus study/studio, fully carpeted, phone, fuel and electric stoves. Has magnificent views of valley; small dam, sheds, mainly cleared and grassed with a few fruit trees. Grows anything. Price \$47,000.

Also land adjoining comprises 129 acres freehold plus forest lease of 285 acres – mainly hill country. Some clearing with scrub regrowth. Would suit most tropical type fruits (frost-free). Useful timber, extensive views and peace. Price \$58,000 ONO. Would negotiate on sale of both lots together.

David & Joan Hurtado, 7 Copeland Street, RICHMOND 2753. Phone: 045-783-355 A.H.

Unclassifieds

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FARM HOLIDAYS: We have 80 acres south of Nowra at Falls Creek, NSW with a creek boundary and a beloved family of horses. My husband, 3 daughters, son and myself are willing to share our little paradise with children aged seven to fourteen years during their school holidays. We offer full accommodation and supervision, and will treat them as part of the family during their stay. We will teach riding and horse care; also included in the activities would be pottery and art work for those interested, fishing, bushwalking, picnics, barbeques, hayrides, camping out, water safety, swimming and canoeing, depending on weather conditions. Please hurry for May bookings as we have limited vacancies. We are also accepting bookings for August and Christmas holidays. Price from Sunday morning to following Saturday afternoon is \$130.

Valhalla Appaloosa Stud, FALLS CREEK 2540. Ph: 044-478-320.

FOR SALE: Leafy Moss Vale – 1½ hours from Sydney. An opportunity to be self-sufficient yet have all town amenities; 3 B/R brick/tile home (built-in robes); lounge/dining room; solid fuel heater. Large kitchen with slow combustion stove which supplies ample hot water; ample cupboards. Tiled bathroom, separate WC. Spacious basement contains laundry, second WC, double garage, workshop, rumpus room and shelved coolroom. Set on ¼ acre with established gardens – prolific garden has grown many prizewinning vegetables. Fruit trees and sheds. Price \$66,000 ONO.

S. Barrett, phone: 048-911-145.

FARMLET FOR SALE: This is a unique self-sufficiency set-up that has to be seen to be appreciated. All the hard work has been done and it is for genuine sale due to my health problems. Approx. 6 acres, 20 mins drive from Bendigo – private, peaceful but not isolated. Swimming pool, primary school and high school bus only a few minute's walk. Town water, SEC and phone. Divided into 6 paddocks each with self-filling water trough and shade. Comfortable 2 B/R house, open fire lounge and electric; potbelly stove kitchen; walk-in pantry. Two large cabins separate from house with own shower, etc. Two large brick sheds with heavy-duty wiring to suit power tools; feed/storage barn, brick goat milking shed; pig pens, numerous other sheds, and covered fowl runs. Asking price \$46,000.

R. & H. Guardado, Raywood 3570 or phone: 054-361-217.

LAND FOR SALE: Half acre block in Clandulla NSW, a small country village near historic Kandos and Rylstone. Only 2 hour's drive from Penrith or Richmond – 5 min. walk to railway station and general store. Block partly cleared for dwelling, balance gum trees; 1,000 gal water tank; small dam dug and the excavated soil is suitable for mudbricks (council OK on mudbrick dwelling). Electricity and phone available. Beautiful views. Rates only \$52. Price \$3,000.

Phone Sydney 02-628-2939.

LAND AND BUS FOR SALE: Four acres at Smythesdale, 15 miles from Ballarat. Two-thirds cleared, slightly undulating, good soil and normally good annual rainfall. Very secluded near state forest; new all-weather government road. Building permit available, new dam and SEC 1 km away. On site is a 6-8 berth fully decked-out bus, redecorated and very clean. Would make excellent holiday farm or permanent living. Full price is \$9,500 cash.

Phone 03-572-1401 or 069-211-099.

SADLY FOR SALE: N-E corner of NSW, 57 acres sloping to steep semi-rainforest on beautiful mountainside. Approx. 12 acres kept cleared; established vegetable gardens, 17 varieties bearing fruits: macadamias, newly established avocado orchard. Two houses – both are electric, both have combustion stoves, both have permanent spring with pump and one has phone connected. High rainfall; sealed road – 10 minutes village; 30 minutes city; 1½ hours to Gold Coast. Option of instant income, letting one house, or share buying on legally surveyed division registered on deeds. Total price: \$100,000. Full details:

Williams, C/- Post Office, NIMBIN 2480. Phone: 066-891-484.

SHAREHOLDERS REQUIRED for land share purchase of approx. 2500 acres in Liverpool Ranges N-E of Coolah, NSW. Magnificent basalt soil with two permanent creeks, springs, dams, equal areas cleared and native bushland with wildlife. Surrounded by state forest, three good access roads and annual rainfall 40 in. There is a 2 B/R house with phone connected, two huts (one I occupy), and shearing shed on the property. There is a multitude of building sites with prospects for individual and/or group activities; 20-30 shareholdings at \$10,000-\$15,000 would purchase the leasehold, secure the freehold title and cover expenses. I believe this to be a unique opportunity, especially for those with limited finance. Tell me about yourself and I'll send you some more information. SAE would be appreciated.

D. Hills, PO Box 83, THE JUNCTION 2291.

DEADLINES: GR 37 – APRIL 29TH. GR 38 – JUNE 24TH

FOR SALE: Elevation 2500 ft on Great Divide in Queensland near NSW border – 286 acres, 12 acres of which cleared with 700 fruit trees (peaches, nectarines, apricots, plums, apples) and 1.5 acres excellent young Cardinal grapes. Remainder unspoiled bush, wild flowers and enormous granite boulders and caves. All natural farming methods used. Approx. 10 minutes town, 2 minutes rail pickup. Price: \$27,000.

Phone 076-834-360 evenings.

WANTED: Self-reliant couple or family interested in caretaking and improvement work on 200 hectares lake front area north coast NSW. Sturdy cottage available. Beautiful isolated location. Owners live in Sydney – can share lifestyle some weekends. Every assistance for family to become comfortably settled. Suit alternate lifestyles, woodsman, fisherman, cattle, etc. Apply:

Sinclair, Box 164, ST. LEONARDS 2065. Phone: 02-929-4642.

FOR PRIVATE SALE: In Bathurst area, 100 acres (40 ha). Secluded retreat, cleared with good building sites. Council approval available for alternative constructions such as mudbrick, pise, stone. There is building stone on property which is 35 km from Bathurst, 3½ hours from Sydney. Phone, school bus, sealed road, power 1 km; 3 dams. Forced sale at \$24,000. Please contact:

H. Vanderhave, 'Balamara', Wambool Road, WALANG 2795. Phone 063-375-308.

FOR SALE: Roman Sun Dials cast from solid bronze, 12 in diameter, all in Roman lettering, complete with instructions. Various designs suit different areas of Australia and New Zealand. Locally made in Castlemaine.

\$62.00 – post paid anywhere in Australia.

\$65.00 – post paid New Zealand (please state north or south island when ordering).

Tandanya Studio, Box 9, NEWSTEAD 3462. Ph: 054-762-453.

FOR SALE: House and 14 acres for sale at Roseband in northern NSW; 30 minutes from Lismore/Byron Bay. Land is fertile red soil with some cleared paddocks interspersed with rainforest areas. Excellent permanent creek, swimming holes, good fishing. Animal yards, shed, dam. Irrigated tropical fruit orchard. Delightful 'comfortable with character' 2 B/R home with potbelly and gas stoves, attractive living area, verandahs, beautiful gardens with superb valley views. Power, phone, pump. Price: \$80,000. Further details:

Marée Fowler, C/- Post Office, ROSEBANK 2480. Ph: 066-882-018.

COLOURED DAIRY GOATS: I want to contact others keeping French or British Alpine dairy goats as I have a French Alpine (chamois) doe with doe and buck kids, and desperately need new breeding stock for this season. These beautiful brown, black and white goats are excellent milkers when free-ranging on rough country, but are usually destroyed in registered herds. I will buy or borrow a buck or swap mine for a similar one.

Neil Hutchinson, Box 663, COOMA 2630. Phone: 0648-37244.

Unclassifieds

FOR SALE: As from April we shall have available goat kids from excellent milking stock. Priced from \$40 to \$100 (fully registered kids). Breeds available: British Alpine, Saanen, Anglo Nubian and Toggenburg. An excellent opportunity to purchase a good milking prospect for a minimal outlay, to supply the family with nutritious goat's milk. It is advisable to order kids in advance to avoid disappointment. For the novice goatkeeper we give printed leaflets with each kid sold to help with the basics of good goatkeeping, including kid raising.

Newcastle and Hunter Valley Goat Dairy Company (Ellanar Stud). Phone 049-487-696. Please leave your name and telephone number on our answering machine and we will return your call.

FOR SALE: A 2/3 B/R fibro and iron house on approx. 6 acres situated 6½ miles from Coffs Harbour in lovely valley. Soil good, property well fenced; 5,000 gal watertank forms part of floor of 24 ft x 24 ft garage. Onga mains pressure pump, power and phone connected. Property is floodfree and schoolbus ¼ mile away. Bread and milk delivery. Bail, stockyard and dam. Price: \$79,500 ONO.

W. & H. Austin, PO Box 739, COFFSHARBOUR 2450. Phone: 066-531-742.

FOR SALE: Barnevelders lay chocolate brown eggs. Here is a rare opportunity to buy cockerels at reduced prices due to overcrowding. Breed your hens to a Barnevelder cockerel to produce stock to lay darker brown eggs. A steal at \$10 per cockerel (half normal price). Be early with your order to avoid disappointment.

Phone 049-487-696. Please leave your name and telephone number on our answering machine and we will return your call.

FOR SALE: Hardy rooted succulents, don't need a lot of water or attention. Suitable for growing in pots, rock or bark gardens; 12 for \$6 including postage. Also aloe vera (the medicine plant) \$2 each including postage.

Mrs. B. Williamson, MS 541, SHARON 4670 via BUNDABERG. **TAROT CARD READINGS** by mail. We will send you a colour illustrated, clearly explained reading for \$10. Specify a question you want a comment on or ask for a general reading. Please tell us your sex, age and birthdate. Special Womyn's Tarot done on request. Herbal charms. Write for information:

Wicce-Otter, 24 Sunset Blvd., SOLDIERS POINT 2301.

AUSTRALIAN BUSH HATS: Authentic pioneer style genuine hand-stitched leather hats, wide brims, are available from me, posted anywhere in Australia. Inquiries from individuals and interested shops welcome. For more details write:

M.B. Richards, C/- Post Office, IMBIL 4570.

FOR SALE: Near-completion new home on 20 acres at Talbot. Attractive, secluded 2 B/R oregon W/B home in light timbered natural setting. Bottled gas cooking and lights. Briquette H/W, large natural rock fireplace; insulated ceiling; large elevated front verandah with timber decking and rail. Telephone, tank water; 1½ miles from town and large primary school. Excellent value. Under cost at \$25,000.

Phone Jeff and Sue on 03-720-1505.

BUSH COMMUNITY: We are forming a multiple occupancy community on 350 acres at Putty, 160 km N-W of Sydney. The property is mostly natural bushland, some grassland, two creeks, and small valley. Each homesite is five acres and can be used for permanent residence or as a retreat. The remainder of the land will be held in common for recreational and agricultural pursuits. Cost of a homesite is \$17,500.

Phone: 02-822-083 or 02-331-3693.

SHAREHOLDERS WANTED: We are eight adults and four young children purchasing 357 acres at Kangaroo Valley, part cleared, part virgin bush and 25 years regrowth; views, rainforest pocket, permanent springs, good soil and rainfall, access to swimming holes. We are concerned with conservation, a shared lifestyle, organic gardening, co-operation with children, wider social and political issues. So we are looking for 4-5 more people (plus young children) who want to live on the land soon. Shares are \$14,000. Contact:

Trish Kenny, 1 View Street, BLACKHEATH 2785 or Tom Whitton on 047-823-588.

LAND SHARE FOR SALE: Share for sale in community situated 15 miles north of Dorrigo, north coast NSW. Property consists of 535 acres (ariel), 2,000 ft altitude, two rivers, nine dams, rainforest, natural bush with cleared sections. Beautiful property set in a unique location. A share consists of a 2.5 acre personal house site and a share in the rest of the common. Our legal structure is that of a rural co-operative. We are a group of loving people and hope to find more to share our property. Price: \$10,000. For further information contact:

Jumbo, PO Box 43, DORRIGO 2453 or phone: 066-575-143 after 7 p.m. **FOR SALE:** Hardi-plank 4 B/R home with large rooms for ease and simplicity. Big bathroom, 2 W/C (1 in laundry), verandah on two sides. Breathtaking views of the beautiful Hannam Vale dairy farming valley. Close to school and shop. This home is situated on 30 acres of natural rainforest in which abounds native flora and wildlife. Ample room for gardens; no water problems. Price: \$85,000 ONO. Adjoining 70 acres also is for sale.

Phone: 02-609-4864.

FOR SALE: On 5 acres fully fenced, 2 B/R stone house clean and recently redecorated. Sleepout, lounge, large kitchen, bathroom, sun room, external toilet. Mains water, electricity and phone connected. Garages, barn and shed all with electricity and water. No near neighbours. Situated 12 miles north of Gawler with frequent trains to Adelaide. At present we have donkeys, sheep and ducks on the property. Priced for quick sale at \$45,000 ONO.

D. & S. Haddon, PO Box 69, ROSEWORTHY 5371. Ph: 085-254-094. **MELLOW YELLOW DRIED BANANAS:** Join our growing list of country and city customers who are buying dried bananas direct from us – the producers of Mellow Yellow Dried Bananas. You are buying the freshest and the best and you'll save dollars dealing direct. Minimum quantity is 10 kg. Further information write to:

Mellow Yellow Banana Products, Hunters Road, YARRAHAPPINI 2441. Phone: 065-690-605.

FOR SALE: Property is 65 miles west (1 hour drive) of Emerald at small township of Bogantungan (pop. approx. 40). It consists of 12 acres, 1 dam, 2 fully equipped bores (abundant water supply), fully fenced and subdivided. Numerous tanks (bore and rainwater), 2 sheds, yards and lucerne patch. Large 3 B/R home, 32 volt power plant, lounge sleepout kitchen, bathroom, laundry, patio, septic, HWS, fully carpeted and recently renovated. Property was originally citrus orchard so is proven and fertile. Average annual rainfall 26 in.

All facilities are in excellent condition. This is a genuine offer from genuine people, who due to circumstances, can no longer cope in the 'bush'. Price \$30,000 ONO. For further information:

Wendy Tucker, PO Box 216, EMERALD 4720.

BABYSITTER WANTED: Brisbane farmlet needs a babysitter for odd weekends and Easter 83. A chance to get out of the rat race but still stay 'in the swim' as the property is only 1 hour from both Brisbane and Gold Coast. Chores are care of coloured sheep and poultry and milking cows. Anyone interested should write to:

Owner, 82 Chadwick Drive, JIMBOONA 4280 giving family details.

FOR SALE: Rare opportunity to acquire income in fast-growing NSW coastal area between Taree and Port Macquarie: health foods, fruit and vegetables, plants, etc. Freehold premises in colonial style with cool room. Business operates currently 3½ days per week due to other commitments. There is N-E prepared house site (mudbrick material too). Land is 66 ft x 300 ft and has spring-fed fenced dam with 10 ducks. This is an easily-run small business in fast growing semi-rural area. Freehold site, business and stock WIWO offered for sale at \$39,000.

Replies to Post Office Box 6, KENDALL 2439.

LAND FOR SALE: Mountain retreat of 114 acres (45.96 ha), 30 km Wingham. Permanent creek, established orchard, new fencing, habitable shed, approx. 10% cleared, power on site, phone available, optional forestry lease. Suitable for more than one family. Private sale at \$60,000 negotiable.

M. & D. Barham, Little Run Creek, WHERROL FLAT 2429 or phone 065-506-584 and leave message.

Unclassifieds

There is a fee of \$5.00 for each Unclassified and we do appreciate it if you can limit your advertisement to 75 words. Please mark envelope 'Unclassifieds' and forward payment with the advertisement.

WANTED PIONEERS: We are selling 10 shares at \$8,500 each with one share per family unit in a 159.2 ha property at Amamoor near Gympie, Queensland. The property is mountainous with patches of rainforest in the valleys, has 30 acres of cleared land, numerous house sites, good dam potential, 50-60 in rainfall and the soil is slightly acidic, sandy loam. For information and to tell us about yourself contact:

Susan Orford, 22 Woondooma Street, BUNDABERG 4670.

LAND WANTED: Minimum of 10 acres of natural bush; permanent water not essential but desired. Not interested in power, phone lines or town water. Situated anywhere in eastern Victoria or S-E NSW. We have cash to \$20,000. If you can help please write to:

Greg, Lindy & Jaie, 2/45 Vanbrock Street, FOREST HILL 3131.

FOR SALE: Log cabin on 12 ha - includes water tank, concrete floor, Colour-bond roof, pine doors, septic tank, toilet and shower. Good for weekenders or holidays. Asking price: \$19,800 - negotiable for prompt settlement. Phone:

John on 074-653-176 or write to PO Box 85, TARA 4421.

Dear People,

I have enjoyed the many letters and enquiries I have received from you and hope the replies have been satisfactory. On the Sunshine Coast, north of Nambour is cheaper than south. Inland is cheaper than the coast and the Blackall Range is quite expensive.

Brooloo - 6½ acres with creek, \$21,500.

Pomona - 4½ acres with shack, \$29,500.

Eudlo - 18 acres with transportable home, \$45,000.

Just three out of 900 available during February, 1983.

It is always my pleasure to help people get their share of the lovely life we have here.

Sandra Dibbs, Sunrise Realty, 29a Howard Street, NAMBOUR 4560. Phone: 071-411-900 or 071-421-732 A.H.

FOR SALE: Lux wood stove \$125, briquette HWS \$130, 'Tubulous water heater \$150, combustion heater \$25, kitchen and laundry SS sinks \$20 each, small pane old cedar windows with matching door \$100, cast iron sinks \$5, hand mower \$5, hand scythe \$10, Allan scythe \$200, chaff cutter and saw bench \$150 each, tractor tyre 11 x 28 \$85, wall oven and hot plates \$100.

Seville, Victoria. Phone 059-643-475.

DEADLINES: GR 37 - APRIL 29TH. GR 38 - JUNE 24TH

FOR SALE: At Lake Boga, 15 mins Swan Hill, 3 B/R Hardi-plank home with large kitchen and lounge, situated approx. five acres Glasshouse (25 ft x 15 ft), 10,000 gal rainwater tank with pressure pump, 40 stone-fruit trees, fully fenced, Fiat tractor, disc plough. Block irrigated by pipe and riser system. Established organic garden, plenty of seasonal work. Price: \$32,500. Write or ring:

P. & G. Kruger, PO Box 116, LAKE BOGA 3584. Ph: 050-372-321.

FOR SALE: Beautiful 40 acre Tassie bush block ideally situated on Channel highway, 50 km south of Hobart between Huonville and Cygnet. Close to all essential services. A really nice block covered with beautiful stringy barks and lush bush. Contact:

Chris Konrad, Margaret Road, GLEN FORREST 6071. Phone: 09-298-8287.

WANTED TO SELL URGENTLY: Darling Downs, Tara, Qld, 35 acres of tree-studded, secluded land with natural bush and wildlife. Soil is ideal for mudbricks and solar living. Main road frontage. Power and phone if required. Township with full facilities (Olympic pool, schools, etc.) only 11 km. Ideal for new Grass Roots beginning. Price was \$14,500 - will sacrifice at \$10,500.

G.L. & V.M. Watson, 5 Rosewood Street, DAISY HILL 4128. Phone: 07-209-3489.

HANDCRAFTED belts, dog, goat, cow collars made to measure. Your name or pet's name embossed onto leather. Please state exact length and width required. Print name for embossing. You may send your own buckle.

Belts (children up to 10 yrs)	\$5.00
Belts (ladies)	\$7.50
Belts (men)	\$8.50
Dog and goat collars	\$3.50
Cow collars	\$6.00

Less 50¢ you supply the buckle.

Colour choice: light or dark tan.

Postage 50¢ first item plus 20¢ each extra.

Marie Ashmore, BADDAGINNIE 3670.

Are you looking for a beautiful, peaceful place to live and a business that will take you away from the hassles of the city and give you a new healthy start in life? Then we may have what you have been waiting for. We have a retail health food business on the far south coast of NSW which we are forced to part with because of personal reasons. Very attractive price. For further information write to:

Janie Jacobs, PO Box 425, EDEN 2551 or phone 0649-61-014.

FOR RENT: Caravan (19 ft) and annexe (not new but clean and solid) on 23 acres situated Ellangowan - 12 miles Casino, 24 miles Evans Head, 30 miles Lismore. No power or town water. Large dam near van and I am prepared to erect a shed for run-off to tanks. Land is *not* 'sub-tropical rainforest' but is nicely wooded and secluded. Rent is free.

Phone Col on 07-371-3786.

MASSAGE TABLES: Lightweight, folding, portable and upholstered, suitable for both home use and the professional. For further details send SAE to:

T.W. Hore, Box 52, CABOOLTURE 4510.

LOG CABIN Components available from one wall at a time to whole house kits. Wall logs sawn on three sides and slotted with joining steel tongue and groove. Costs only \$27 per square metre plus freight. Buy direct.

Phone John 074-653-176 or write PO Box 85, TARA 4421.

FOR SALE: Kohukohu, Northland NZ - 50 acres leasehold (999 years) overlooking Hokianga Harbour. About 40 acres pasture, balance native bush. Great sea and rural views from very livable 5-year old barn-type building. Power connected; 5,000 gallon concrete water tank; partly fenced. Several GR families nearby. Good value at A\$35,000. For further information please contact:

Allan Litton, PO Box 90, BRUNSWICK HEADS 2483.

LAND FOR SALE: Bushland, Tara, Qld - 32 acres timbered country with partial clearing. Capable of producing small crops, or for house cow, goats, chickens. Price: \$12,000. For details write or phone:

Karen, No. 3, 1st Floor, Markets Complex, ROCKLEA MARKETS 4106. Phone: 07-379-6444.

MUSICAL INSTRUMENT MAKER: A handcrafted Appalachian Dulcimer; the ideal instrument for fireside jamming! Choice of timbers, tuning heads and string pitches to suit your preference. Also, the ultimate instrument for the dedicated purist - a Renaissance or Baroque Lute. Bodies made from beautiful natural hardwoods. Details of instruments, prices, deposits, etc. from:

Michael Sweeney, 1 Ajax Street, BALLARAT 3350. Ph: 053-317-816.

ALTERNATIVE LIFESTYLE VENTURE: I am an open-minded non-Australian mature male, planning to move permanently into a communal farm. I am looking for a mature female person to join me. Any race, nationality or status. For further details write to the address below, giving telephone number when possible.

George, PO Box 833, CHATSWOOD 2067.

Unclassifieds

FOR SALE: Ten co-operative shares in 61 ha (150 acre) property near historic Stroud, 1 hour north Newcastle NSW. Three-quarter to coastal beaches. Approx. one third cleared, balance forest gums, small rainforest, wildlife refuge surrounds. Visually private homesites available adjacent to stoney bottom spring-fed creek. Abundant timber and stone for building. Price of \$13,900 per share includes cost of perimeter fencing, access road and power. Be early. Project ready about Xmas. Write:

C. Martin, 15 Gibson Street, NEWCASTLE 2300.

REGRETFULLY FOR SALE: As the owner has been transferred this beautiful 91 acre farmlet, 6½ miles south of Parkes NSW, is for sale. Prime wheat and grazing country, all arable, suitable for any grazing livestock. Well watered by three dams. Excellent fencing – 4 paddocks and stockyards, steel hayshed and silo. House is 3 B/R brick, 4-year old, air-conditioned, phone and power, 5,000 gallon concrete tank, native garden, small trickle-irrigated orchard. School bus nearby. Very peaceful. Has scope for co-operative venture, retired couple or family. Price is \$120,000 (negotiable).

Phone 0649-61-978.

WANTED: American man, very fit health nut, 46 years old, building a self-sufficient steel sailing yacht, is seeking an active healthy lady life-mate to join me in a dream about to come true. For details write to:

Jim Bushell, PO Box 401, MACKAY WEST 4742.

NEW COUNTRY COMMERCIAL AND ACCOMMODATION CENTRE to service over 1000 acreage lots with rapid population growth. Wanted owner operator(s) to live and work on the 30 acre commercial site business with residence. Opportunites for capitalised people.

- (1) Health Food Store and Fuel pump
- (2) Coffee shop
- (3) Five caravan sites with cabins and big lots specialising for (a) People with children, (b) People without children, (c) People with pets, (d) People without pets. Send \$20 for architect plans and photos.
- (4) Furniture and Log Cabin component factory using local cypress pine timber
- (5) Laundromat
- (6) Market garden to service local community.

Phone 074-653-176 or write to PO Box 85, TARA 4421.

LOW COST STEPPING STONE to country living. I have shares available for plots on large bush acreage with log cabin, power, water, priced at \$12,000. Also large low cost plots for caravans with power and water. Free school bus past door.

Phone John the log cabin builder on 074-653-176 or write to PO Box 85, TARA 4421.

FOR SALE: At Benambra, N-E Gippsland, 427 acres of undulating country – approx. 70 acres of natural clearings with the rest heavily timbered, – three creeks. Fenced all around with two boundaries bordering the state forest. Wildlife abundant. The property is 5 miles from town with public school and 3 miles from main road. Good access but 4-W drive required. Council OK for more than one dwelling. Price \$29,500.

Mr. & Mrs. M. Aigner, 4 Sandra Place, INGLEBURN 2565. Phone 02-605-2989.

FOR SALE: Lovingly handcrafted cotton print folk dresses, blue shades with patchworking. One small and one medium dress only. \$24 each plus postage.

Margaret Sweeney, 1 Ajax Street, BALLARAT 3350. Ph: 053-317-816.

LAND FOR SALE: Twenty acres roughly fenced bush land, Acacia Hills, 40 miles from Darwin, with a steel-framed house with toilet, shower, kitchen, large living area, large bedroom and workroom. Also garden shed, generator shed, 30 ft caravan and garden with fruit trees and vegies. Power supplied by 8 KVA Lister twin diesel generator and permanent water from a 30 ft well with electric pump, also rainwater tanks. Good access all year round. Price is WIWO \$30,000 or \$35,000 on terms. Please write to:

K. & C. Burgess, PO Box 40105, CASUARINA 5792, NT.

WANTED: Does anyone have some land with a small farmhouse or shack on it that needs caring for, or maintaining, in exchange for cheap rent. Ann and I are both in our late 20s and are interested in developing a self-sufficient and alternative lifestyle situation somewhere in NSW. We'd be pleased to hear from you.

Martin Smoother, 11 Eltham Street, NARRAWEENA 2099.

I have had printed two stories that I wrote about a country character – 'Mudgee Mouse'.

Mudgee Mouse Visits the Zoo – 12 pages, soft cover, price \$2.50.

The Tale of Mudgee Mouse – 6 pages, soft cover, price \$2.00.

Also available are 'Mudgee Mouse' 1983 calenders priced at \$1.50 each.

For 1 book send SAE 15 cm x 23 cm with 35¢ stamp.

For 2 books send SAE 15 cm x 23 cm with 40¢ stamp.

For calenders send SAE 22 cm x 32 cm with 27¢ stamp.

Send orders to:

'Mudgee Mouse', C/- Alva Cafe, 'Riverview', O'CONNELL 2795.

ASTROLOGER: With a background of 12 year's experience in astrological counselling through accurate personal charts, I regularly give advice on a wide range of personal questions and problems. Each chart contains full hand-written interpretation in durable, attractive folder. Details required and fee scale given on application. Discounts given to beneficiaries, pensioners and students. Contact:

Michael Sweeney, 1 Ajax Street, BALLARAT 3350. Ph: 053-317-816.

FOR SALE: Older-style 3 B/R W/B home in Gilgandra (central western NSW). Lounge, dining, kitchen, bathroom, laundry, etc. On large block of land (60 ft x 165 ft) with garage, fenced-in vegie garden and some fruit trees. Would suit someone who wants to make the transition to a back-to-earth style more slowly or those with school children or in-town needs. Town water plus two rainwater tanks. Price \$23,000 ONO.

S. & L. Russell, PO Box 14, GILGANDRA 2827. Phone 068-472-829 A.H.

FOR SALE: Fifty acres, partly cleared in the Bega Shire, far south coast NSW. Property is about 36 km from Merimbula. It consists of approx 45 acres of undulating to hilly land with 5 acres of creek flats suitable for growing anything. The boundary is the creek which has permanent mountain water. Over the creek is a state forest offering privacy and a wealth of wildlife. Spectacular mountain views. No fences and no improvements, but there is a 5,000 gal concrete tank sited. Photos available of all parts of the property. Price \$31,000.

Phone 02-477-5716 or write to Ken and Sue Tomkins, 45 Orara Street, WAITARA 2077.

FOR SALE Acreage virgin bushland – well-timbered with cypress pines and gums. Thirty acres – cleared frontage, good dam catchment. Full price: \$11,800. Darling Downs, Qld. Vendor terms if required. Minimum deposit \$1,000. Contact:

Shelley, PO Box 138, BRISBANE MARKET 4106, Qld.

Phone: 07-379-6413.

DIESEL GENERATOR FOR SALE: 'Lister', automatic start, 4 KVA. Worked less than 5,000 hours. Excellent condition, see going. Must sell. \$3,500 or near offer.

Phone Goulburn NSW, 048-298-177.

LAND WANTED: Minimum of 15 acres (preferably more) of bushland. Must have a river or a creek. Situated anywhere in lower NSW or northern/north-eastern Victoria. Electricity not necessary. Remoteness and isolation no problem. Moderately priced. Please write and include a phone number if possible.

Anne Watkins, 99 Salisbury Street, BENALLA 3672.

FREE TO GOOD HOME: We have two female goats that we would like to give to a good home. The baby has a beautiful soft fleece (Angora/Cashmere cross) perfect for anyone interested in spinning. Her mother is equally as good although at the moment she has moulted. Anyone interested please ring or write.

Steve and Chris, Lot 5 Coombs Road, KINGLAKE WEST 3757. Phone: 057-865-433.

Unclassifieds

There is a fee of \$5.00 for each Unclassified and we do appreciate it if you can limit your advertisement to 75 words. Please mark envelopes 'Unclassifieds' and forward payment with the advertisement.

FOR SALE: My dreams have been shattered so therefore I must sell my future. Could anyone please give a good home to an Angora goat with beautiful fleece; a Saanen milking goat; two very friendly Jersey heifers (8 mths old), and one female black poll. I must sell them urgently and they are very cheap. Please I hope you can help me. They are being held at Tyres in Victoria.

Heather Golis, C/- Central Gippsland Hospital, TRARALGON 3844.

SHARE FOR SALE: One share in 170 acres – total six tenants in common. Each share has approx. 5 acres. Remainder of land held in common as nature reserve. Site has level ground, borders on creek, road access, room for gardens and small orchard. Surrounded by rainforest regrowth; 15 km from beautiful beaches. Suit bush-lover. Price \$26,000. Enquiries in writing to:

'Namarra-Tya', Upper Main Arm, 2482, Northern NSW.

COMPANION WANTED: I am a divorced man, free of commitments, in my early 40s. I have a near-new house on 2 ha near a small northern Victorian town. I love country life and would like to share it with a lady who wishes to swap the harsh artificial city life for a real life in the bush. I am fond of children, am a teetotaler, a non-smoker and do not gamble. I believe that a woman with a babe to toddler age would find this a proper environment to raise her child. I have but a small independent income and feel that someone of similarly frugal habits could find happiness with me. Please write in the first instance to:

'Possum', C/- Grass Roots, PO Box 900, SHEPPARTON 3630.

We are Melanie and Tony, forming *Meltone Herbal Products*, and we make a beautiful range of Natural Skincare and Therapeutic Massage Oils, now available through a limited number of outlets in Queensland. The products are handmade, using all-natural ingredients, and include skin creams, soaps, lotions, comfrey cream, and muscle rubs. At last some products you can use knowing they're tested 'cruelty-free' and won't clog or irritate the skin. Our ingredients include, herbs, roots, beeswax, spices, cold-pressed oils, natural herb and flower essences. We may be quizzed on this, and answer any queries personally. If you are interested, please send a SAE plus 20¢ for our catalogue to:

Melanie & Tony Every, Meltone Herbal Products, PO Box 489, ATHERTON 4883 or phone: 070-950-268.

Mail Orders our service and specialty. Thank You.

HOBBY FARM FOR SALE: In granite belt of S-E Queensland, 5.86 ha (14.5 acres). Flat block on Severn River, 8 km Stanthorpe. Three-quarters selectively cleared – 9.5 acres suitable market garden cultivation. Large established veggie garden, irrigation, tractor, new pump and watertank, fenced. Three sheds – one set up as comfortable cottage, screened, wood heater, power, phone, optional furniture. Established chook house, pigs, goats, room for horses, cattle. Uncleared bushland along river has native trees, abundant bird and animal life. Price: \$29,750.

Phone 076-834-200.

WANTED: The right 'someone' for a 25-year old single female. Maybe there's the right 'someone' or maybe the right 'somewhere' that needs a partner or helping hand in their busy lives. I'm not into drugs, fanatic religion, smoking or excessive drinking. I like people, need people, a good sense of humour appreciated. I'm rather poor of worldly goods – hope you have room to spare? I need a direction in my life so would require someone who knows where they are heading. I enjoy good music, people, plants and animals. I am not a stranger to a little hard work for a worthy cause.

S.S., C/- PO Box 900, SHEPPARTON 3630.

WANTED: Somebody to love Mango Mountain; 285 acres, 30 km west of Gympie at Upper Woonga. Mangoes (14), macadamias (6), citrus (8); stags and crows nests in rainforest gullies. Power and phone to livable shed. School 7 km with bus nearby; 2 good dams, sites for more. Some irrigation equipment; 8 acres granite soil for small crops. Good slopes for paw paws, bananas or pineapples.

Phone on 071-861-113.

COUNTRY STORE WANTED: We hope to sell our place shortly and would like to hear from anyone in NSW along a coastal strip and up to 200 km wide. We do not wish to live any further west but would prefer mountainous area. A country store that could be managed by one person would be ideal; doesn't have to be making a great deal of money. It has to have 10-20 acres attached with fencing and water or have access to same. A 3 B/R house is also required with it.

Roz & Wal Appleby, 640 Cabbage Tree Road, WILLIAMTOWN 2301. Ph: 049-651-512.

DONKEYS FOR SALE: Hillgrove Donkey Stud in Mizpah Settlement Road, Warragul 3820, welcomes inquiries from folk interested in discovering the pleasures of owning a donkey. Donkeys are versatile and as well as being helpful are great companions. The donkey and the dog were the first animals to make friends with man and this bond with the human race continues. It might be a good idea to give me a ring before you decide to pay a visit because we could be away from home.

Phone Denise Moorhouse on 056-266-343.

LAND FOR SALE: Wauchope NSW – 280 acres with two-thirds still virgin land heavily timbered and rainforest; approx. 1 km of river frontage; sealed road passes front cleared land; undulating; panoramic views; 12 minutes drive from Wauchope. Price \$80,000. Enquiries:

Mark & Kerry Hands, 293 Salvado Rd., FLOREAT PARK 6014, phone 09-387-2090 or Dick and Ann Wallace, ph: 02-498-5480.

FOR SALE: At Blackheath in the Blue Mountains, 3/4 B/R older style comfortable home with country kitchen, open fires, sunroom; double block of land. Ideal as transition from city to country life; enough room for vegies, chooks and fruit trees. Still within commuting distance of Sydney. Street is quiet and ideal for kids. We are making the move to something larger. Price \$45,000.

Please ring on 047-878-987.

FOR SALE: In a hidden valley, 65 acres, 4 miles to town, ½ mile to school. Fruit trees, garden, herbs. Cottage with phone connected, 2 dams, cattle yards, all natural bush. Property has been beautifully cared for by bush-loving permaculture people for 5 years. Price \$35,000. This is an attempt to save this beautiful forest from people who will burn and kill the bush for money, gain, and greed. We love the property – please could a new owner do the same?

Jeffrey Armstrong, Old Molgowie Road, LAIDLEY 4341.

FOR SALE: In Gippsland, 2 acres in front of Lake Glenmaggie. Originally the land was pine plantation with complete honey production. Due to poor health I had to sell trees and bees and now the land is cleared and for sale. Good fishing, boating, ski ramp, shopping facilities, beautiful village. Forest at back of property. Price: \$17,000.

Telephone 688-2002 before 5 o'clock, except Saturday and Sunday.
FOR SALE: As we are moving south we must sell our tropical retreat – 4½ acres rainforest, two separate titles. Established garden, bananas, paw-paw, coffee, citrus trees. Three B/R house designed for tropical living – lounge and kitchen open directly onto rainforest. Master bedroom has elevated sleeping platform. Large studio, underground tank, bore, dam, electricity. Phone available. Near beautiful Kuranda, 40 km from Cairns. Would consider exchange for larger acreage between Gympie and NSW border. Price: \$68,000.

J. & M. Devereux, PO Box 146, KURANDA 4872.

DEADLINES: GR 37 – APRIL 29TH. GR 38 – JUNE 24TH

FOR SALE: Serpentine, WA, 25 acres good soil completely refenced into 4 paddocks plus house area containing 200 native trees. Three B/R attractive, well maintained asb/tile house, SEC, scheme water, phone, plus huge workshop with concrete floor. Flock spinner's sheep, chooks and outbuildings. Very friendly small country town 40 miles south of Perth. Local outlets for craft and produce. Local weekly livestock sale. Genuine reason for selling. Price: \$79,000 ONO.

M. Wellman, Post Office, SERPENTINE 6205. Ph: 095-252-352.

Unclassifieds

COMPANION WANTED: Attractive American gentleman, affectionate, strong and healthy, born-again Charismatic Christian, educated, loves nature, children and family life. Desires correspondence with healthy, attractive, marriage-minded woman of childbearing age. I am into GR subsistence farming, organic gardening, music, books, physical culture, bushwalking, swimming, tumbling, gymnastics, weightlifting and outdoor life. No drugs, smoking or strong drink. Please include photo.

R Robinson, PO Box 1884, ALICE SPRINGS 5750.

HOME STONE FLOUR MILLS: Mill your own stone ground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed By Housewives Association'.

'True Grist Barley Grain Beer' we guarantee 100 % satisfaction and success in using our Home Stone Flour or Grist Mills to mill fresh barley grain grist for the best 'Home Grain Beer' in the world made at home!

Write for your local agent's address and send two 27¢ stamps for our catalogue to:

Kevin & Bronwyn Rogers, Australian Retsel Distributors, PO Box 712, DANDENONG 3175, our office 16 Pinewood Avenue, NORTH DANDENONG, or telephone 03-795-2725.

FOR SALE: One-eleventh share in a vegetarian community on 450 acres of rainforest, creeks and some cleared land. The community has existed for one year and there are roads and some houses and we are looking for people to live with us and together we can develop the land in an ecologically sound and harmonious way. The share price is \$16,000 with some finance available. The land is N-W of Murwillumbah, near the Qld border in NSW. If interested please contact:

Jenny Pandava, C/- Post Office, CHILLINGHAM 2484 or ring Rosie Kaplan on 066-723-287.

LAND WANTED: We are a young married Christian couple with a son (1½), seeking information on any possible Christian communities in preferably the Coffs Harbour area although we would appreciate information on anything from Narooma to Murwillumbah. We've been living very simply on our land here but would like to become involved in a helpful way with like-minded people and the needy. We'd have approx. \$12,000 to invest.

N. & J. Collins, C/- Post Office, ULVERSTONE 7315.

LAND FOR SALE: Forty miles S-E of Canberra, 840 m² block on outskirts of Captains Flat. The block has town water, sewerage, power and phone; creek in front, bush at rear. Price: \$1,850 ONO.

Peter Rodgers, Numby Numby, ROLLANDS PLAINS 2441. Phone: 065-858-299.

FOR SALE: Ten minutes from Kempsey, 62½ acres with huge dam, 3 sheds, fenced gardens (variety fruit trees, vegetable and herb beds, duck pond enclosed); chook house; water pump, storage tank and irrigation system; toilet and septic tanks installed; rainwater tank. Two acres cleared, remaining with good timber. Price \$42,000. For further enquiries please ring:

W.S. (Bill) Penson on 065-621-351.

MANURE FOR SALE: In 44 gal drums with press-on lids, delivered and emptied where required. From handfed racehorses, virtually weed free, has some urine-soaked wood shavings but mostly manure (definitely no straw). When composted it is excellent fertiliser/mulch, rich in nutrients because of horses' special diet. Delivery Sydney metropolitan area only, maximum price \$6.00 per drum, minimum 3 drums.

Ring 02-703-806 after 4 p.m. weekdays, anytime at weekends. Mention *Grass Roots*.

FOR SALE: Reluctantly we are selling 'Thistledale' - 78 acres of cleared farmland in the Upper Hunter Valley near Merriwa. The 85-year old 1 B/R house and new 2 B/R annexe have been lovingly restored in pine and include farm-style kitchen, fuel stove, potbelly, etc. Electricity, phone and water connected. Dam, tanks, good fencing, barn. Few old fruit trees in quaint garden - 37 acres put under crop with balance for grazing. Price: \$45,000.

Elizabeth McLeod, 1 Melkin End, GORDON 2072. Ph: 02-498-3504.

FOR SALE: A great alternative with opal mining opportunities and good lifestyle. Very attractive 3 B/R sandstone block home on the mining field with garden, vegies, grapes, citrus and bees. Own dam, large workshop and phone, 240 volt alternator. Includes mining equipment comprising tip-truck, automatic hoist, puddler, two 240 volt diesel alternators and diesel water pump. Valued at \$35,000, or may consider exchange for farm or acres with house, water and easy access to good high school.

M. James, Box 82, LIGHTNING RIDGE 2834. Ph: 068-2901-229.

SHARES AVAILABLE: In 422 acres, 65% cleared, undulating pastures, permanent creeks, swimming holes, on the Bulga Plateau, 16 km from Elands where there is an alternative school, co-operative market, new-moon dances, great community. We are a couple with a small child who are wanting to share with 2-4 like-minded families interested in self-awareness, conservation, permaculture and re-afforestation. Price is \$10,000 to \$13,000 depending on numbers of shares. Please write to:

Cynthia and Alan Lucas, C/- Post Office, ELANDS 2429.

PARTNER WANTED: I am a healthy 32-year old male (non-smoker, no ties) living on a 6000-acre community. I am a Christian and seeking to develop a relationship with a like-minded woman. My home is quite isolated at present (3 km to neighbour). My income is from the land. I like reading, guitar, gardening as well as the farm work. I visit Brisbane and Sydney regularly. Anyone feeling as though we could get along, please write.

David C, PO Box 57, TABULAM 2470.

LAND FOR SALE: Far north coast NSW, 100 acres virgin country. Rainforest and hardwood forest, frontage permanent creek, joins state forest, part of beautiful valley. Excellent soil, council all-weather road to boundary; 7 miles to primary school, 21 miles to Kyogle. Price \$32,000.

Ken Perkins, WEST WIANGAREE, via Kyogle 2474. Phone after 7.00 p.m. on 066-362-239.

FOR SALE: To Co-Ordination Co-op. members, this beautiful house at Tunttable Falls NSW. It is 3 storeys, hand-built, made of logs and stone. Open fireplace, combustion stove, HW system, septic toilet, 12 volt power, unlimited gravity-fed water, terraced lawns and gardens. Lots of fruit and nut trees and a lovely waterfall. Will send photos to interested people. Price is \$25,000.

Write to Box 17, NIMBIN 2480.

FOR SALE: Russian garlic corms - grow 10 cm in diameter. Plant after chilling corms in fridge for 24 hours for immediate germination, 2 cm deep, 25 cm apart, March to June. Price \$9.00 per hundred (post and packing inclusive), enough for a family. Ordinary garlic, same prices and conditions.

M.K. Wuellner, PO Box 34 GRETA 2334.

FOR SALE: At Tenterfield, 100 acres, freehold title, undeveloped, no buildings, granite country. Development potential. Price: \$26,000. Contact:

R. Bull, 'Innisbrae', Woodside Road, TENTERFIELD 2372. Phone: 067-3759 and ask for Line 9, weeknights only.

ORPLID VEGETARIAN HOST FARM: Orplid is set on a picturesque property of 7 acres, part bush, on the shores of the Tamar River. We feature a totally vegetarian whole-food cuisine in quiet surroundings free of alcohol and tobacco, where you can relax and regain lost energy. We also offer groups, workshops and individual sessions in T'ai Chi, yoga, relaxation, massage, rebirthing. There is the opportunity to learn the rudiments of a holistic lifestyle based upon organic gardening principles.

Orplid Health Resort Pty. Ltd., Hosts: Dr. D. & I. Gehrmann, RSD 336, BEACONSFIELD 7251. Phone: 003-947-174.

SHARES FOR SALE: Queensland. There are 5 full shares in 1500 acres and at the moment there is one full share for sale at \$33,000. The land is at Childers which is between Bundaberg and Maryborough. For further details ring:

John or Ruth Doneman, 3 Hawkins Drive, BARGARA 4670 or phone 071-792-525.

Information Available

When contacting groups, associations or newsletters listed in Information Available, please, out of courtesy, include a SAE, and mention that you heard about them in Grass Roots.

PENDULUM POWER

In *Grass Roots* No. 34, p. 22, Steven Guth recommended a book for those wishing to go further into this fascinating craft. *Elementary Radiesthesia and the Use of the Pendulum* by F.A. Archdale is available for \$3.00 plus 60¢ postage from the Radionic and Chirotherapy Centre of Australia. The centre also has a selection of handmade wooden and plastic pendulums – a price list is available.

Radionic and Chirotherapy Centre of Australia
PO Box 121
CHRISTIES BEACH SA. 5165.

INSECTICIDES: essential or dispensable?

Pest-control strategies in perspective.

This pamphlet aims to present a balanced view of the various strategies of pest control currently in use in Australia. Whilst chemical pesticides have many serious disadvantages, it appears that their continued use is essential to the production and safe storage of many types of crops for a number of years to come. At the same time however, steps are being made towards methods that rely less heavily on the use of pesticides. This pamphlet looks at the advantages and disadvantages of pesticides, and the alternatives to them that have been developed. Available from:

CSIRO Information Services
Division of Entomology
PO Box 1700
CANBERRA CITY 2601.

SHORT COURSE PUBLICATIONS

Dookie Agricultural College in Victoria has a number of farming and agricultural publications for sale. Intended for use as guides only, they are based upon notes from a number of short courses the college has held.

Breeding and Management of Horses: produced as an adjunct to a two-day course held in 77 and 78, this booklet contains papers from people working in the horse industry and the Department of Agriculture. Topics covered include conformation and lameness, estimating the age of horses, infertility and abortion, health, genetics, foaling, handling, breeding management and feeding. Price \$3.00.

Management of Angora Goats: based upon notes from a one-day seminar, this booklet is aimed at the small mohair producer rather than the back-yard goatkeeper. Topics include Angora management, shed design, diseases, management and breeding for increased mohair production, classing, marketing, and the characteristics and production of chevon (goat meat). Price \$2.00.

Irrigated Cropping: the course these notes were taken from was designed for beginners in this area of crop production. Contents cover soils, plants under irrigation, management of crops, irrigated summer and winter crops, and crop programming. Price \$3.00.

Postage for booklets is \$1.50 for the first set of notes, plus 20¢ for each additional set. A list of short course publications is available.

Dookie Agricultural College
DOOKIE VIC. 3647.

VILLAGE HEALING AND GROWTH CENTRE, PADDINGTON

Wholistic medicine for those interested in integrating the physical, mental and spiritual aspects of their lives. Groups meet there regularly and workshops are held on related subjects.

Drop in at 263 Oxford Street, Paddington, for further information. Phone 02-357-5970.

BIRTH CAN BE NATURAL

For the first time a video is available in Australia on natural childbirth training. The video gives a comprehensive course in antenatal teaching including a 45-minute film of a first labour showing the effectiveness of positive antenatal teaching. The video was made by antenatal teacher, Henny Ligtermoet, after more than 20 years experience

in the field.

Perth parents willingly took part in the making of the film, which shows them in varying stages of pregnancy in Henny's classes and culminates in the birth of a first baby. The parents agreed to the filming of their labour as they saw the importance of a practical demonstration of teaching. The birth took place on a birthing stool.

The video will be available for sale or hire to the public, childbirth groups, individuals, hospital and childbirth professionals.

It concentrates on relaxation and breathing techniques with full information on all aspects of labour to help the mother give birth naturally and with as little pain and discomfort as possible.

Price for sale \$250.00. Price for rental \$30.00. Video available from:

H.J. Ligtermoet
1A Shoalwater Road
SHOALWATER WA. 6169.
Ph: 095-272-033.

CORRESPONDENCE COURSES

The Riverina CAE, through its Continuing Education Division, offers non-credit short courses by correspondence. Anyone may enter and there are no exemptions. Many courses are multimedia and contain slides, tapes, maps, etc. Several which may interest GR folk are:

Managing Your Horse (beginners)	\$50
Solar Energy	\$70
Wonderful World of Herbs	\$60
Environmental Planning	\$70

For information on these or other courses contact:

The Coordinator
Institute of Adult Education
Riverina CAE, Goulburn Campus
McDermott Drive
GOULBURN 2580.
Ph: 048-230-242.

THE AUSTRALIAN FLYING ARTS SCHOOL has announced its Craft Correspondence Courses for 1983. These include Batik (taught by Thel Merry) and Screenprinting (taught by Don Braben). Anyone may apply; the courses include regular mailings of clearly written booklets over a 12-month period; practical step-by-step instructions; assessment of assignments by tutors. For further information write to:

Australian Flying Arts School
Brisbane CAE
Victoria Park Road
KELVIN GROVE 4056.
(Ph: 07-356-9311.)

THE ANTARES ASSOCIATION is an alternate-lifestyle conscious group of people preparing for the new age. Our particular interests include the investigation and research of new methods of personal survival and self-sufficiency. The objects of our association include:

- (i) Improving one's health through nutrition and natural living.
- (ii) Developing one's inner creativity through arts and crafts.
- (iii) Personal and group attunement to new-age consciousness by practical meditation methods and experiencing new-age forces for healing.
- (iv) Development of organically grown fruit and vegetables, edible herbs and medicines.

For further information please contact:

Sirius Park
Les Baldwin
Lot 7, West Mt. Cotton Road
MT. COTTON Q. 4163.
Ph: 07-206-6244.

Information Available

CITAPLEX — A Story.

Troy Saunders escapes the turmoil of revolutionary Iran only to be faced with an agonising decision – will he return home to Australia and leave his new-found love, or accept her crazy hunch about flying to an unknown community in northern Scotland?

Citaplex is a fascinating inspirational novel written by author-publisher Paul Rigby, a *Grass Roots* reader involved in a rural communal lifestyle in northern NSW. It combines adventure, passion and enlightenment and is excellent new-age reading.

Citaplex is \$7.00 posted from:

Christel Communications
47 Manor Road
HORNSBY 2077.

THE FRAGRANT GARDEN

This is a herb nursery/gallery near Gosford in NSW with a wide selection of herbs that will excite even the most placid gardener. There are cottage gardens, a lemon-scented plot, a silver garden, the dyer's garden, poetry corner, culinary gardens, Shakespeare's garden, old roses and the apothecary's corner. For those unable to visit these delights, an attractive catalogue is available. It contains information on the many herbs the nursery stocks, snippets of herb lore and a wealth of practical advice and know-how. Two sections which may interest GR folk particularly are potpourris and fragrant oils, and the natural insect repellents. Among the latter there are, as well as strong-smelling herbs, a lavender oil mosquito repellent, quassia chips (generally very difficult to get hold of) for repelling possums, and dipel, the naturally occurring bacteria which attacks the white butterfly caterpillar. Many hard-to-obtain products like orris-root powder, gum benzoin, myrrh, and a number of unusual essential oils are carried by The Fragrant Garden. This 'I-simply-can't-put-it-down' catalogue is \$2.00 posted.

The Fragrant Garden,
Portsmouth Road,
ERINA 2250.

AUSTRALIAN COLONIAL MEDICINE — Jennifer Hagger

Natural medicine and do-it-yourself healing are presently enjoying unprecedented popularity, so much so that alternative medicine has become synonymous with the 80s just as flower power was with the 60s and communal living and dropping out the 70s. Today there is a vast array of books and magazines on the subject, and a wide range of practitioners to choose from. But do-it-yourself medicine is not a modern-day invention – it has its origins in the knowledge of country people of long ago and for us, of the early pioneers of Australia.

The early pioneers usually had to rely on traditional folk remedies handed on from one generation to another, with medicines made from plants or household ingredients. The doctor might be a day's ride away and even when consulted, his treatment was often no more effective than that of the bush folk.

In *Australian Colonial Medicine*, Jennifer Hagger provides a brutal picture of the harshness of life in the early days. It is also a tribute to the pioneering women on whose shoulders the fear, anguish and rigours of life fell. A visit to any historical cemetery will bear testimony to this. The book not only describes the common diseases and their treatments but gives a rounded view of life, particularly family life, in early Australia. Reading it makes one glad to be living in a century where mobility, communications and science have achieved so much.

Australian Colonial Medicine is a hard cover priced at \$9.95 posted.

Jennifer Hagger,
86 Milan Tce.,
STIRLING 5152.

KIEWA VALLEY ORGANIC SOCIETY

It is with regret that we are writing to announce that we have decided not to hold our Easter Organic School this year. Unfortunately we find that we are all involved in other commitments, and that we could not put in sufficient effort to ensure a worthwhile and successful event. Of course there is also the worsening drought situation and its increasing demands

which has made this year more difficult and increased our work load. We fully intend extending our efforts next year and believe that the year's break will give us a chance to improve facilities and ideas; and we hope you will be able to support us in another of our Organic Schools in 1984. We look forward to seeing you then.

Kiewa Valley Organic Society,
RMB 1059A,
WODONGA 3690.

POISONOUS PLANTS IN NORTH QUEENSLAND GARDENS

— Betsy R. Jackes.

This booklet is the result of numerous requests for information on poisonous plants growing in north Queensland gardens. While much information on plants poisonous to livestock is available there is little accessible material on those affecting humans. The guideline for the book has been to exclude those plants about which few enquiries are made and to include those, even if only mildly poisonous, that people are concerned about. Technical terms have been kept to a minimum to facilitate easy reading and use by the general public. Black and white photographs are used where possible as an aid to identification.

Poisonous Plants in North Queensland Gardens is \$3.40 posted.

Botany Department,
C/- Post Office,
James Cook University,
TOWNSVILLE 4811.

HAND PAPER-MAKING FOR BEGINNERS by Kayes van Bodegraven.

Making your own paper not only has appeal as an unusual craft but as an area where waste material can be brought back into circulation as a very useful product. *Hand Paper-making for Beginners* sets out in an easy-to-follow style all the information needed to become involved. Line drawings plus explanatory black and white photos add further impact to the instructions. The book is \$7.20 posted from:

The Mould and Deckle
221 Canterbury Road
HEATHMONT 3135.

1983 MOON PLANTING CALENDAR

Keen gardeners will be pleased to know that Thomas has his annual astrological calendar and moon planting guide available for the low price of \$3.00 posted. It is in a large poster-sized format and ideal for pinning on the wall. The moon planting information is comprehensive and easy to follow.

Calendars are available direct from Thomas for \$3.00 posted.

Thomas,
Mt. Cougal Road,
WEST BURLEIGH 4219.

MUDGEES MOUSE

Staunch GR reader and follower Alva Cafe has recently had two little booklets printed for children on the escapades of an innovative fellow called Mudgee Mouse. Mudgee in fact is based on a thumbprint and the other characters he meets in his travels all combinations of thumb and finger prints in varying intensities of grey. They are delightful little stories for reading aloud or encouraging independent reading. Both booklets are quite small and have been simply produced.

The Tale of Mudgee Mouse is \$2.00, *Mudgee Mouse Visits the Zoo* \$2.50, postage 40¢ for the two.

Alva Cafe,
'Riverview',
O'CONNELL 2795.

ALTERNATIVE BUILDING AND TECHNOLOGY WORKSHOP, MAITLAND NSW.

Weekend workshop at Patterson near Maitland, May 20-21. Live in or day attendance, conducted by Brian Woodward and others. Enquiries: Patrick O'Mahoney, phone: 049-21666.

Book Reviews

SUPERB SOUPS & STARTERS — Rita Greer. RRP \$7.95. Soft cover, 128 pages, UK.

We live in a society where processed and fast foods are the norm. However, in this book of vegetarian dishes the author states constantly that the freshest of fruits and vegetables are to be used. The fresh food used as the basic ingredients of these recipes gives maximum nutrition, colour and flavour.

The bulk of the book is an appetising selection of wholefood soups. Each recipe is extremely detailed and easy to follow. Recipes for both hot and cold soups are given. The author is conscious of the fact that some people wish to cut down on salt and seasoning in their diet. Although she does use salt and sugar she sometimes lists such additives as a choice. Common and readily available vegetables are used so you can obtain them fresh all year round. The author has even included a special section on hot soups for each month of the year using a wide variety of vegies for each soup (although since this is a British book they would be appropriate for different months in Australia).

Superb Soups & Starters also has other chapters including such recipes as spinach with cheese sauce, quiche with mushroom filling, hot grapefruit, citrus salad, garlic spread and food bread. Rita Greer has many ideas and hints for enriching and thickening soups and for seasoning and planning a meal, to name a few. She has also included a seasonal vegetable and fruit guide and a section on essential kitchen tools.

Overall, a well-planned recipe book and an excellent idea, as soups and lighter dishes are very welcome in these warmer months when our appetites are not so hard to fill and also to warm us up on those cold winter evenings as an entree. I recommend this book because of its simplicity, imagination and information. Any cook, vegetarian or not, is presented with easy-to-follow, wholesome, appetising recipes that provide an alternative to the junk food we are so familiar with.

COUNTRY WOMEN: A Handbook for the New Farmer — by Jeanne Tetrault and Sherry Thomas. RRP \$15.95. Soft cover, 381 pages, USA.

Country Women is both a handbook of practical information and an anthology of poetry, emotions, encouragement and support. It is written by women for women to pass on to them skills and knowledge to enable them to survive on the land — as well as moral support and the knowledge that they are not alone in their efforts. As I read it I found I could identify with these women, their successes and failures, their frustrations, exhaustion, delight, sadness, joy.

Perhaps men should read it too and maybe it will help them come to terms with and to change their perceptions of many of the women they come into contact with.

The practical information contained in the book is excellent. In compiling the book the authors sought out women with experience in alternatives, e.g. organic gardening and natural animal care, as they felt that conventional farming practice is already well documented. The book is not perfect in this sense as there were times when the authors couldn't find alternatives, but the emphasis is certainly on the organic approach. There is information on building, firefighting, chainsaws, finding water and tapping it effectively, growing and preserving food, animal and poultry husbandry and the resultant products. Interwoven throughout are poems, action photos of women, and a journal tracing one woman's growth through feminism and country consciousness.

This is a book I feel all women would benefit from and many men as well. The combination of practical information, support, and encouragement makes it not only an invaluable reference but a friend to turn to in times of need.

RAISING THE HOME DUCK FLOCK — Dave Holderread. RRP \$8.50. Soft cover, 178 pages, USA.

If you have contemplated keeping one or two ducks to keep down the slugs in the garden or even considered breeding them to eat or sell but been put off by the lack of good, commonsense information around then

it is time for a rethink. *Raising the Home Duck Flock* contains most of the information you will need to launch you into a new and rewarding hobby.

Why ducks? Because they are one of the most useful and versatile of all the domestic birds and animals; they require minimal care and shelter, can supplement their dietary needs, will eradicate weeds and garden pests, are hardy, healthy and easy to raise, are a dual-purpose bird producing both meat and eggs, breed easily and will bring an element of joy and interest to your life.

The author, Dave Holderread, has been associated with ducks for many years; he has managed to combine his love and respect of these birds with some hard-won practical knowledge to produce a book that is informative and helpful but still contains 'soul'. The book consists of eleven chapters plus a number of appendices that contain a wealth of back-up material. The chapters look at such topics as physical characteristics, behaviour, choosing a breed, acquiring stock, incubation, rearing ducklings, managing adult birds, butchering, health and physical problems, and more. Each topic is carefully and thoroughly explored, with line drawings and black and white photos used to emphasise a point where necessary. The only criticism I could make of the book is that since it is an American publication there are slabs of material in each chapter irrelevant to Australian conditions and breeds. As well, the listings for duck breeders and for supplies of poultry equipment are meaningless.

Specialised poultry books are still relatively uncommon and particularly books on this often overlooked country cousin. *Raising the Home Duck Flock* is a must for duck fanciers, and will guide them confidently through the many steps of successful duck-keeping.

HOW TO KEEP INSECTS AS PETS — Densey Clyne. RRP \$7.95. Hard cover, 76 pages, Australia.

I picked up this book, evidently written for children, started to flick through it, and became so fascinated that I sat down and read it from cover to cover. Most people are unaware of the myriads of shapes, colours and sizes that make up the species of the insect world. Awareness seems to be limited to those insects that intrude on our consciousness by eating our crops or making a nuisance of themselves around the home or workplace. Aside from this small number of pests there are thousands more which do us no harm or even help us in some way.

Densey Clyne looks at several species of insect that are easy to keep and commonly found in Australian gardens. He also gives us a general overview of insect keeping and the place of insects in the environment.

If we want our children to learn to live in harmony with the land and to grow food by organic methods, we must give them access to information that will give them knowledge and understanding of their environment. It is so much easier to grow up with such knowledge and skills than to unlearn unwanted skills and replace them with desired ones in adult life.

This book is an excellent step in that direction: it is informative, easy to read and has delightful illustrations and a section of colour photographs. It would make a wonderful gift for any child, and I'm also sure most adults would find it just as engrossing as I did.

LOG HOUSE PLANS — B. Allen Mackie. RRP \$14.95. Soft cover, 167 pages, Canada.

While log houses are aesthetically pleasing, in Australia where tree cover is minimal and surviving forests are being rapidly destroyed, such a building style is not really appropriate. However, for those who have decided for one reason or the other to build a log home, this will prove an invaluable guide.

The author advocates building for maximum energy efficiency, making optimum use of site, design and materials, and suggests features that will make the most of solar energy, natural ventilation, waste water and household refuse.

Particular attention is given to the peculiarities of building with logs: shrinkage and settling, including partitions, types of footings, roofing and

Book Reviews

more. A helpful section covers finishing and preserving, an important consideration with timber dwellings, and here the emphasis is on protection through design and siting rather than using chemical agents.

The bulk of the book, however, is taken up with plans for houses ranging from tiny holiday cottages through to very large family homes. You can use either the ideas provided as a source of inspiration to draw up your own plans or send to the Log House Publishing Company for copies of those you liked in the book.

If building with logs is a technique that interests you it may be worth obtaining this practical guide and learning as much about it as possible before finally committing part of our heritage to such a fate.

GROWING AND COOKING POTATOES — Mary Cornog. RRP \$9.95, soft cover, 144 pages, USA.

'Growing your own potatoes', writes the author in her introduction, 'is an experience that verges on the mystical.' However, do not be put off if you regard vegetable growing as a source of physical rather than spiritual food, because this is a very practical book, containing solid information on how to cultivate and consume potatoes — especially the latter, with an amazing total of 200 recipes. These cover not only potatoes boiled, baked, steamed and fried, but snacks and hors d'oeuvres, potatoes in soup, 'just potato' dishes, potatoes in casseroles or with other vegetables, meat and fish, potato salads, potato breads, scones, pancakes and dumplings, and even cakes, desserts and puddings. There is also an opening chapter containing historical information, anecdotes and other snippets that are of interest if not of great practical value.

Since the book is American, some of the information on growing is not relevant to Australia; for instance, not all the pests listed are found in this country, and of the 26 varieties described, only four, so far as I could ascertain, are readily available here. Nevertheless the section does provide a useful overview for the inexperienced grower, with explanations of how to grow potatoes in rows, hills, under mulch and in containers.

The book will appeal above all, I feel, to confirmed potato addicts with gourmet leanings, who will enjoy experimenting with the recipes and perhaps try their hand at growing, and to those looking for adventurous ways to consume their surfeit of spuds.

The potato, which is an excellent food from the nutritional point of view, has been somewhat neglected in recent years. Books like this one may help to reestablish the spud as an aristocrat of the vegetable world.

RAISING YOUR OWN SHEEP — Geoff Nash. RRP \$5.95. Soft cover, 128 pages, Australia.

A member of the Nelson Homestead Series, this little book is a simple introduction to the practicalities involved in keeping a small flock of sheep for wool and meat production. The overview it provides will enable the small landowner to ascertain whether sheepkeeping is a feasibility, and if a decision in the affirmative is made, to take the necessary steps to secure and maintain a small flock.

The book is divided into twelve chapters and covers such useful topics as choosing a flock, breeds, management, feeding, breeding and mating, lambing, maintaining health, coloured sheep, marketing, and butchering and tanning. A section which would be much appreciated and used by the beginner is the shepherd's vocabulary, which explains most of the specialist terms used in the book. There are also several pages of resources listing breeding associations, pamphlets and periodicals available from the Department of Agriculture, and books suitable for follow-up reading.

Whilst I think this is a fine little introductory book, my experience as a small-scale sheep breeder has made me aware of its deficiencies. All books today must earn their keep and the true judge of a livestock book is its ability to guide one through an animal's health crisis. The information on common sheep diseases is inadequate in scope and insufficient in detail. What should be one of the most important sections in the book is treated as insignificant whilst marketing (both wool and lambs) has two chapters devoted to it. The person buying this book is going to be more interested in small-scale raising than futures selling and stock reports.

Overall, *Raising Your Own Sheep* is a fine little introductory book,

its information is Australian, and at \$5.95 it is not going to break the bank. Should you read it and decide to buy sheep for your 10-acre block, be prepared to look around for a more comprehensive book to fill in the gaps in sheep husbandry that this book has left uncovered.

HERBAL TEAS, TISANES AND LOTIONS — Ceres. RRP \$12.95. Soft cover, 128 pages, UK.

Herbs have been used for thousands of years. Through history they have been used to promote health and to help people live longer and lead more effective lives. This book, which is full of interesting historical and practical information, and is written in a relaxed and personal way, explains the benefits of herbs in the form of drinks and lotions. It covers indigestion, slimming, urinary troubles, wounds and complexion herbs to name a few.

The major part of the book is an alphabetically listed chapter of tea-making herbs arranged under their common name. Each herb is illustrated and discussed briefly. Its botanical and other names are given for interest's sake. Shorter chapters discuss herbs that can be grown at home, making herbal teas, tisanes and lotions, growing and storing herbs and herbalist's and gardening terms. There are also several pages of 'useful information' which are excellent, but are only of use to people living in Britain. There is also an excellent therapeutic index in which ailments are listed alphabetically and the useful herbs given.

Imagine the satisfaction and enjoyment of knowing how to grow and store your own herbs and making drinks and lotions from them. You can play an active role in the health of your friends and family, have walks in your scented garden on a long summer day and admire the colour and fragrance of your plants. Or just simply have a decorative tea party with a difference.

This book is not a comprehensive reference work, but an excellent introduction to herbs and their uses in drinks and lotions. I hope it will stimulate and encourage people to search for more ideas and uses for these magical plants.

HEAT PUMPS An Efficient Heating & Cooling Alternative — Dermot McGuigan. RRP \$14.95. Soft cover, 202 pages, USA.

Heat pumps save energy by tapping into an energy source that is universally available. The source is around the home, in the air, the sun, the earth, and the water. We live in an abundance of low temperature heat that can be used by heat pumps. Their main importance, however, is that for every unit of electricity they use they can collect up to ten times the equivalent in heat energy. They can also 'concentrate' that heat so that it can be used in home heating and in this way they are a practical alternative to the use of fossil fuels. Heat pumps can reduce electricity bills by up to 45 per cent and are effective even in cold weather.

This book will help you understand how a heat pump operates, how one is installed and provides examples of heat pump systems using air or water as the heat source, in one case, incorporating the use of solar energy. As heat pumps are being used more and more in Australia, this book will provide a useful introduction to their use and stimulate ideas on their inclusion in the planning of an energy efficient home.

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Feedback Link-Up Feedback

Dear Readers,

Are there any GR ladies with young kids who would like to drop in for a cuppa or have myself and daughter (3½) visit? We live near Southport on the Gold Coast and I find it difficult meeting friendly souls. I'm 28 and into most GR philosophies especially healthy food, (most of the time!) and love my stereo.

A little request – I've lost contact with an old friend of mine. If you're out there Eva Ferguson nee Burdon of Thorneside, Q., drop me a line. I lost your last address from SA.

Chris Treffery nee Townsend
14 Patonga Street
ASHMORE 4215.

Dear Readers,

We are a young family (27, 26, and 2) who are looking for a place to live and work towards a happy, healthy and self-sufficient life. Some three years ago we purchased a one acre block with an old tin house, a post office and a bulk fuel depot and spent the first few months having a good time. This did not last long and we have spent the rest of the time trying to sell it. The problem was we didn't look at what we were getting into. It wasn't the 2 hour's drive to town or having no electricity or that the land was so poor nothing would grow, that worried us. (Those things are all part of the good life.) It was the lack of a community that worried us. There were plenty of people but they were all doing their own thing (mining tin, stealing, lying or running from the police). So this time we wish to live in a community (small town) before buying land. The type of place we are looking for is a town where the GR lifestyle is the norm and so is alternative medicine and schooling. The type of things we like are live entertainment, going to a good movie, a few drinks at the pub, a good market, friendly and helpful people and casual work from time to time. As we have a lot to learn, a college of further education would be great too. I know we are asking for a lot but if your town has just a few of these things we would love to hear from you. We are most interested in northern Queensland.

Raylene Fordham
17 Burt Street
MUNDINGBURRA 4812.

Dear Fellow Readers,

Clarkie and I live in a unit without any garden but I am growing vegetables around a clothes line area. I am picking tomatoes, parsley, chives, zucchini and lettuce all grown without commercial fertilisers or pesticides and this is my first attempt at gardening. It gives us great satisfaction to save all our fruit and vegie scraps and then dig them into a clay area I am working on for the next garden. All the other inhabitants are very interested and encouraging so don't be put off by having only a small area to start with.

Does anyone know how to make soya bean milk? I soak the beans for a couple of days and then grind them in the blender but this does not seem to turn out quite right.

Patricia Clarke
28/3 Kireep Road
BALWYN 3103.

Dear Readers,

Since last writing to you my husband died quite suddenly. The house on our ten-acre property had been constructed to the frame and roofing stage. We were owner-builders employing some outside help. At 53 years of age I found I had a lot to learn about ordering building materials and so on and applying myself to jobs I never thought I would have to do, let alone accomplish! Thankyou for your helpful magazine which not only provides practical help but moral support also.

Dorothy Robinson
PO Box 422
FORSTER 2428.

Hi! Grass Roots People,

As the unemployed masses swell, there will be more and more making for the back-blocks as all the job creation and job training

schemes are not going to keep pace with the unemployed and I think basic training in self-sufficiency, whereby people can be taught to go into business for themselves, would be a more successful method. We plan to set up a caravan park/holiday farm here on our property. There is a beautiful river, islands, abundant wildlife and we have goats, sheep, cattle and horses.

Our plan is to have a pleasure barge (we already have the barge) for trips on the river, also other boats and canoes for hire; horse rides, buggy and cart rides, goat cart rides for children; shearing demonstrations; open air campfire concerts and BBQs. We plan to grow vegies (already have a small orchard), have a small shop where we sell home-made bread, buns, fruit and vegies, preserves, goat's milk and cheese. It would be impossible for my wife and I to do all these things, also to employ folk to do them, so I'm hoping there maybe four girls who would enter into a partnership to do the following jobs:

break-in horses for pony and horse rides, cartrides and entertain the customers on rides

milk goats, make goat cheese, bake bread and buns
grow vegies and fruit and harvest when ready
attend bee-hives and collect honey
entertain with singing and music at campfire concerts.

Well with all that, they would be a busy bunch of girls, however I would like to hear if there are any willing to have a go at some of these things on a partnership basis. All we can offer at present are two vans and an old cottage with a wood stove, sink, bath, but no power. We plan to build holiday cabins and stone cabins and eventually some of these would be available for the girls. If you are on the dole, would like to come out into the bush, don't take drugs, this may suit you – write to us and we will see what we can work out. We are situated on the eastern side of the Balonne river at the junction of the Balonne and Maranoa rivers, 18 miles above St. George.

A quote of mine –
I like a bloke who helps himself
And think that's rather fine
As long as he doesn't help himself
To what I believe is mine.

Jim Gunn
Thungaby
ST. GEORGE 4487.

Dear Friends,

Is anyone out there into 'Gong' – the band? I'm having trouble collecting these albums.

Peter Davies
273 Humphrie Road
MOUND PRITCHARD.

Dear Friends,

I have tried many things from *Grass Roots* and enjoy doing so. I have been making yoghurt from cow's milk and have tried to make it from goat's milk but it doesn't turn out. Would anyone have a recipe for me with the proper temperatures. I would also like to correspond with a male penfriend. I am a divorcee (31) with children 11, 9 and 6. I have a goat, guinea pigs, a bird, vegie garden and herbs. I haven't any land, just a backyard as I am on a pension. If anybody would care to write please do so but they must like children.

Marion M. Ginkel
C/- PO Box 194
WODONGA 3690.

Dear Central Queensland Readers,

I can divine water and would be happy to help readers in central Queensland (no charge). I have helped folk successfully in many places in Queensland to find water.

R.M. Kersey
14 Richard Street
EMU PARK 4702.

Feedback Link-Up Feedback

Dear People,

I have only just discovered your great magazine – good stuff! I am very interested in healthy natural living and the crafts that go along with it. I especially like natural cooking and herbalism and have my own small herb garden. I am eager but lack information on both subjects. I would especially appreciate information on drying, growing, uses of herbs and potpourri. I am 15, love the outback and country, love music and enjoy reading. If anyone about my age would like a penfriend, please write, because I think it would be fun. Has anyone an easy bread recipe?

Linda Schladetsch
936 Sylvanla Avenue
ALBURY 2640.

Grass Roots Readers,

Hi! I am a single 40-year-old Leo male and have been into alternative lifestyles for many years now. In that time I have travelled around Australia and overseas and lived always in country places. I have visited many communes from Cedar Bay to Nimbin from Zen to Christian – learnt many things, done many things. Now I am working as a cook on a cattle station in the Northern Territory where I will save my money and get it together with some land somewhere and live at peace with nature. Is there any person(s) who is trying to do the same thing? Yes, I guess there is. Well could you write to me please as I find it a bit lonesome out here in the great outback. We have mail only once a fortnight but I will answer all mail that comes.

Could someone tell me how to garden in this hot climate – the soil here is thick stoney clay which dries out like nobody ever watered it. I have been gathering old cow manure and keeping it moist and breaking it up on the soil but it seems hopeless trying to dig it in. As soon as the soil is wet it turns to sticky clay and I really want to make a garden as I am lost without one. Is it better to water at night or in the morning in this situation? There is plenty of bore water available.

Does anyone know how to pickle eggs? Also I have been interested in Raku pottery for a great many years. Can someone tell me if I could use this clay-type soil to make plant pots? I do not know much about pottery so how would I go about building a potter's wheel to teach myself.

Well I trust that your God may smile upon you all and that someone will answer.

The Cook
Alroy Downs
via MT. ISA 4741.

Dear Grass Roots People,

First of all thanks to all those who answered my request for growing roses by seed. I am slowly catching up with a large amount of Christmas mail and will be answering your letters as soon as I can. I received no less than 90 cards and letters from England, US and New Zealand (where I was born) so you can guess I am getting writer's cramp. If anyone would like to write to ladies or children in US and Canada just send an sae and I can send some addresses.

For chilblain sufferers: do eat plenty of the red coloured fruit and vegetables e.g. carrots, pumpkin, tomatoes. Take as much vitamin C as you can. In NZ I was a chronic chilblain sufferer and when I increased my intake of all the above things I found much to my relief that the symptoms completely disappeared. I found blackcurrant juice very beneficial and also malt, honey and yeast. I haven't had a chilblain for years. Keep yourself as warmly clothed as possible and *do not* warm frozen fingers or toes too close to a fire or heater. Urine does give relief. A doctor relieved the irritation of my chilblains once with a prescription containing uric acid. It did the chilblains good but burnt like mad if I got it on any other part of the skin.

Does anyone have a pattern for a quilting frame for lap quilting or a hoop frame?

Shirley Svensson
Lot 18 Dickman Road
Forestdale
via BROWNS PLAINS 4118.

Dear Readers,

I have just finished my writing desk and couldn't work out what to do for drawer knobs. Sort of tired of chrome so hit on the idea of rope handles. Can't find my book on knots so couldn't do the heads on the ends to stop them pulling through so made little copper things to hold rope on the front of the drawers thus:

I hammered the copper strips with a ball peen hammer but the result is conspicuous in all department stores so turned them over and the result was beautiful. Sort of burnished effect. I used an old copper which was well oxidised and just rubbed them with steel wool and it left little black patches on the metal where the marks were. Then I put a clear varnish over them and the effect is really beautiful. Boy, I am pleased with them – mainly because they are different and hand-made.

Layton James Bryan
'Tommoku'
PO Box 182
BARCALDINE 4725.

Dear Sisters,

Is there anyone of you who have made soap without the use of fat and lye i.e. vegetable and goat's milk soap? I would love any information if you can help me out with this one.

Sarah Pattinson
C/-Post Office
Waipu
NORTHLAND NZ.

Dear Grass Roots,

My family and I have been making the transformation onto organically grown food and wholefoods. Can anybody help with names and addresses of reliable sources of organically grown fruit and vegies, also nuts, seeds and naturally dried fruits unadulterated with chemicals. As I come from a large family – who all have families now – the amount needed is considerable. I am prepared to travel about 100-150 miles.

Peter Hunt
2/49 Gilmore Street
WEST WOLLONGONG 2500.

Dear Grass Roots,

Would anyone in the Newcastle area have knowledge of mudbrick construction? Is there anywhere I could take a course or find an example?

Peter Wilson
156 Dumaresq Street
HAMILTON 2303.

Dear GR and Readers,

We are planning for a future move to Tasmania but one of the biggest factors to consider is the climatic variation throughout the state and we are having trouble getting any detailed information even from the Bureau of Meteorology. Are there any readers with knowledge of the best areas climatically e.g. we understand that Stanley is virtually frost-free. Our main queries are:

frost-free or 'least frost' areas and average first and last frost
what borderline plants/trees (growability-wise) will or won't grow where, especially fruit and nut trees. Here's hoping some readers can fill a few gaps in our researching.

Michael Waller
81 Oak Street
BEAUMARIS 3193.

Dear GR Readers,

If anyone has any information, workshop manual, owner's manual, etc. for a Howard Junior Rotary Cultivator (hoe) which they would be prepared to sell or to photocopy for me I would be most grateful to hear from them.



Dennis and Annette Hill
RMB 81A
Hollisdale
via BEECHWOOD 2446.

Feedback Link-Up Feedback

Dear Grass Roots Readers and Friends,

We would like to obtain a recipe for making our own 'block carob' and carob coating for sweets and cookies. Also we are interested in any hints on how we can wash our dishes without using chemical detergent or soaps. Although we rinse after washing I would prefer an organic cleaning agent. Is there anything suitable?

If any household is having trouble with mice in cupboards try using oil of peppermint. Soak small balls of cotton wool and place a few on shelves and where mice run behind fridge and stove, etc. It has stopped the mice from returning around here.

Shane and Robin Bartley
145A Bell Street
PRESTON 3072.

Dear Fellow Readers,

We are writing to tell you just how much *Grass Roots* has changed our lives since discovering it a year ago in our local library. We had just retired and dreamed of moving out to the bush, but didn't believe we could really do it. That was until we started reading Feedback. So, after a year's thought and careful planning we started north. We wrote to a number of people along the way (enclosing a sae) and we had replies from them all inviting us to visit them. They were the most wonderful, friendly and helpful people. We finally found our dream place and will write about it later.

This time we would like to tell you how successful we were at making bread in our little caravan, using a large pressure cooker and just a very small gas stove. Steamed bread! We used an old 16 pt cooker-canner but any large pot with a tight-fitting lid will do for a steamer. We had two 11 cm x 24 cm cake tins with lips. We greased both and inverted one over the other, securing them together with small metal clips that Ray made. We also made bread rolls (8), and placed them in a ring tin which we covered with foil or greaseproof paper. Our original experiments, using SR flour, were cooked in soup or fruit tins covered with paper and secured with elastic bands. Make your usual bread dough, mixing, kneading and rising it in a plastic or enamel wash bowl. For rising, cover with a wet cloth or plastic film and wrap in a towel. We found 3-4 cups of flour altogether, made the right sized loaf. Place the kneaded loaf in greased tin as usual and, just as it starts to rise, place in steamer with enough cold water in the bottom to steam for about one hour. May need a little longer in a steamer as we let the pressure rise to around 3 lb. We didn't need a rack for the loaf tin as it sat wedged about half way down the cooker, but the ring tin we sat on a wire plate above the water. Bring water to boil, then turn the gas right down to maintain a steady boil. The bread rises beautifully, and when cooked, should just slide out of the tin. Turn bread out onto a cooling rack. Do not handle as the bread is very soft and moist, but in a short time the outside will dry into a soft crust. This steam method is also successful with cakes and scones. We hope this is helpful for anyone who is managing without an oven, as we will be, when we build our new home.

Joy and Ray Williams
17 Ruina Street
ASPENDALE 3195.

Dear Folk,

I would like to correspond with someone who is successfully raising pheasants for the table. mindful of the fact that we are in the tropics.

Elaine and Ian Graffunda
C/- 13 Tulloch Street
Planlands
MACKAY 4740.

Dear People,

I am a 40-year-old man (divorced). I would like to contact other GR people for friendly correspondence and meetings – especially like to hear from a woman. In April I will be taking my holidays and will be travelling up the Queensland coast and hopefully over to NT and WA. I will be doing a lot of fishing and will be on the lookout for a bit of land to settle down. If there are any GR people in Qld. NT or WA who know of land I would love to hear from them. I would like to hear from people who have

already travelled up north and know of their experiences. All letters answered.

Graham James
97 Alfred Quinn Drive
MIDDLEMOUNT 4746.

Dear GR Readers,

I have a dream – to establish in the Huon Valley in Tasmania, a host farm where GR minded folk can holiday. Margot and I are the proud possessors of 150 magic acres in the Huon – plenty of water and fertile soil, near a highway and the Huon river. We have consulted tourist advisers who agree we have a very viable proposition. What we need is six shareholders at \$5,000 each to help us develop this project. We plan for 10 units and a homestead built from logs – log cabins with a turf roof. There are plenty of outdoor activities such as boating, horses, bikes, bushwalking, cows, sheep, fowls, and organic food. The only noise is that of the birds and the wind in the pines. The good life and an income! Phone me and reverse charges.

Margot and Harry Patterson
Ph: 002-235-636.

Dear Folk,

I have gardened in quite a number of different places and climates in Australia and NZ, but this will be my first experience of getting things to grow in the tropics and I'm really looking forward to the challenge. Gardening in Alice Springs these last few years has been a constant battle with salt, couch grass and bugs, besides the obvious drawbacks of the climate. Many really keen gardeners have given up in disgust.

Recent GR have brought back memories to me – we had kero fridges for years in Outback Central Australia, and I'll back to the hilt everyone who says they are cantankerous beasts! One thing we used to do during heatwaves was drape a large wet towel over the top of fridge, keeping it well clear of the flue at the back of course! Let it hang down the sides and pull it forward to cover the top of the door when not open. Another thing which is sudden death to kero fridges in hot weather is to use them to keep drinks or drinking water cold. It is far better to keep only a small jug of 'ice' water or a few ice cubes for first aid purposes and invest in a couple of large waterbags to be hung in the shade in a breezy place.

In GR No. 29 was a design for a hand-operated washing machine. My parents had one of these gadgets for some years and I'll agree that they have it all over modern machines for getting clothes clean. The drain on this machine was a 2 in length of ½ in pipe into which a rubber bung was pushed from the outside. If this bung was not pushed in good 'n' tight, the force of the washing action created by the plunger was enough to pop the bung from the drain with a resultant flood and a mad scramble to replace the plug which was tethered by a short length of chain.

A.S. & C.L. Boyt-Cullis
PO Box 1680
KATHERINE 5780.

Dear Grass Roots Readers,

Fertility depends not only on presumed time of ovulation but also on the repetition of the angle of the sun and the moon at your time of birth. This happens approximately 13 times a year. If you wish to know your most fertile times please send an SAE, and state clearly place, date, year and time of day of your birth. A small donation would also be acceptable but is not essential. A combination of rhythm/lunar or ovulation/lunar is believed to have a very high success rate and is completely natural.

Nadir Martello
C/- PO Box 208
YASS 2582.

Dear Grass Roots People,

If any of you know any old recipes (or new, for that matter) for facial masks and scrubs using natural things – fruit/vegetable – I'd really appreciate it if you'd write and tell me before I erupt in a new batch of blackheads and pimples.

Linda Thomson
Box 50
COORANBONG 2265.

Feedback Link-Up Feedback

Dear Folk,

Today is New Year's Day 1983. To celebrate the New Year we had a beaut storm, almost all to ourselves, a sprinkle here and a spot there and 6 inches on us. Lots of spectacular thunder and lightning – a real fireworks display right on top of us. One of the first lightning bolts hit our personal transformer (out in the boondocks we have such things as personal transformers). Instant blackout. Great, fabulous – I like blackouts! Nothing can compare with a blackout to stop kids in mid-fight and mid-shriek and make them quietly unite against the common enemy and sing out for a torch – more peace. Torchlight is soft and balmy, very easy on the mind and eyes as is candlelight. Last night I drafted patterns for school uniforms and cut out four of them in this lovely light. Sure I did squint a bit but I enjoyed it.

Over the years that I've lived on the farm I've weathered so many blackouts, it's just routine. I keep a stock of batteries, those torches that have a bulb at one end as well as a fluorescent tube and candles in interesting bottles that a neighbour cut for me (the bottles that is). Also I've a battery cassette player and a small B & W TV that takes 6D size batteries, and a two-burner gas stove. What more could anyone ask? As the storm eases you can hear the little night noises – frogs, ducks, geese chatter and honk a bit, water trickles, crickets sing – lovely.

This morning the Wide Bay Regional Board men arrived and set everything lighting and appliancing again. The electricity men deserve a big hand I think as they're out in the worst of the weather doing their best for people. Imagine being up an electric pole in the midst of a hundred flashes! I still like a blackout though.

**Judy Power
MS 860
PROSTON 4613.**

Dear People,

Of late I've been looking for a new hobby. I finish school this year and go back home till tertiary starts. After a lot of confusion I came back to good ol' down to earth mater *Grass Roots*. I wonder if anyone could tell me how to make wine? Any recipe you have would be gratefully received whether it be an old faithful or one of your own concoctions. Need not necessarily be grape.

**P. L. Axford
C/- St. Augustenes
251 Draper Street
CAIRNS 4870.**

Dear Fellow Readers,

I discovered GR just one year ago and now I'm a compulsive reader. Does anyone know where to obtain flax seeds with the view to growing them for spinning and weaving fibre? I hate to throw away paper, so does anyone know how I can make paper re-cycled into more paper? Any other ideas on using old paper? Does anyone have any more recycling ideas for various containers, etc? Mum and I are keenly growing and learning about herbs and their uses. Is there anyone in the Orana region of NSW perhaps interested in exchanging herbs or information with us?

**Dale Sharpe
'New Gular',
GULARGAMBONE 2828.**

Dear Grass Roots People,

After reading your magazine, I'm keener than ever to start a new lifestyle. We plan to move to our own acreage soon and become as self-sufficient as possible. Trouble is I have no idea where to start. We plan to have chooks, a house cow and a horse or two (a life's dream) and I know little about any of them. I'm also interested in perfumed flowers for potpourri, dried lavender and perfumed sachets. I'd appreciate any help in starting out. My husband and my two daughters (5 and 2) are eager to begin.

**Shivean Gelland
C/- Bellbrook
KEMPSEY 2440.**

Dear Rooters,

We have been sailing around and living on a boat overseas for the past nine years. Having been in Australia for a year now we feel the need to put our roots down. We have Sadie (11) and Lee (6). We are practical people, originally from the land and would like to hear from any people or communities that have land near the sea or by deep rivers as we'd like to have the boat nearby. We are in Sydney now and will be sailing north in April looking . . .



**Karl and Richard Herrick
Yacht 'Isis'
C/- Box 86
BALNARRING 3926.**

Dear GR Folk,

To those who suffer from chilblains. When winter comes and they start itching again, get up when the frost is still on the grass and walk barefoot in it for a few minutes until your feet become tingly. Go inside and dry them carefully. Repeat this procedure for a week at least and you should be cured forever. This is the advice from a past sufferer.

**Judy Westphal
Lot 46 Boyd Bvde
MEDOWIE 2301.**

Dear Grass Roots Readers,

We've found there's a lot to learn about gardening right here in Sydney. If anyone who lives near us would like to get together for a cup of tea please call. Is there anyone in the area who would like to form a herb club to share ideas/knowledge? I am a beginner. Another idea I'd like to try if some other mothers/fathers with young kids are interested, is an informal bushwalking group, going locally on easy hikes the kids could handle. Maybe older people who like a slow pace would be interested as well. Let's all make the most of where we are now!

**Selma Macfarlane
TURRAMURRA 2074.
Ph: 446-241.**

Dear Grass Roots,

Roy Wallace (GR 32) must surely qualify as the supreme optimist of 1982. If you hope to attract a lady, Roy, you have to sell yourself. Here you are over 50, describing yourself as 'suffering the typical middle-aged bachelor syndrome' and seeking a lady companion under 37 years. Even an old boiler like me, over 40, isn't interested! And what a clever, talented, skillful, capable, young thing you are looking for! Sounds like you expect her to flap around catering for all your wants and needs while you sit back and enjoy! Perhaps that's why she has to be younger than 37; anyone older would crack up at such a pace. Sorry love, but with competition such as Donald Napier and Denis Carmody – seafood and all (GR 32), I fear you're just not in the running. However, don't give up. Have another lash and next time say positive things about yourself. There's probably a very interesting person hiding behind that 'middle-aged syndrome'.

Cheers to Michael Sweeney who appears to have started the 'lonely hearts' ball rolling. It's comforting to know that possibly one can find another loner to team up with. And thanks to *Grass Roots* for making it possible. And while I am here – Skye – you have the wrong kind of toilet! You should have a pit toilet which requires no emptying and no water. Whack a few pick holes in a 44 gal. drum, remove tap and bottom and sink it into the ground. Set your bottomless toilet pan into a floor over the drum. This works much the same as a septic. Then you can build a little house over your loo and grow a passionfruit vine on it.

Beware all outhouse users! The majority of redback spider bites are inflicted upon unmentionable parts of the anatomy during nocturnal visits to the loo! Skye, I started off in a hut without water or electricity so drop me a line if you think I can be of any assistance.

**Barbara Mackenzie
'Ross Farm'
THARWA 2620.**

Feedback Link-Up Feedback

Dear Grass Roots,

Would J. Stocke who replied to our request for tips on travelling around Australia please be kind enough to send us an address. We would then be able to thank them personally and return their maps.

Mary-Jo and Paul Harris
C/- 50 Ford Road
LESMURDIE 6076.

Dear Folk,

Re those looking for cream separators and butter churns – I use a bent soup spoon to separate the cream (works well and is easy to wash) and use the mixmaster to make butter. It takes about 5-7 minutes to make 120-150 g of butter from cream from one day's milk. Feeling lazy? One pint of cream, 1 pint of milk, 1 cup sugar, heat to 160°F, add 1½ tsp vanilla and freeze. Lovely icecream. Beat when slushy if you're fussy.

Bob and Ann Colyer
27 Benronalds Street
SEVENTEEN MILE ROCKS 4073.

Dear Friends,

My fiance, Roger, and myself are planning on changing to a fruitarian diet. At present our diet consists of fruits, vegies, wholewheat grains, nuts, and a small amount of dairy products (cheese and butter), and honey. We plan to spend the next 12-18 months travelling and picking fruit and living on the fruits we are picking. We hope to be selective and pick only on orchards and vineyards where harmful sprays are not used. We would love to hear from others who are fruitarians, especially those who are bringing up children on this type of diet.

Jan Warnock
C/- Lloyd's Vineyard
Murray Valley Highway
NYAH 3594.

Dear Readers,

Does anyone have any information on thermo-syphon equipment and how it works. I plan to use a wood stove at ground level and thermo-syphon up to a tank on the second floor. I intend to use a solar collector on the verandah roof hooked into the same tank.

Charlie Kellett
Private Mail Bag 11
Rockhampton Mail Centre
NORTH ROCKHAMPTON 4701.

Dear GR Folk,

After talking for some years of buying some bush land and almost giving up the idea, we found our 18 acres of paradise, with a large shed (which we live in), small area of cleared land and a very attractive creek which is dry at the moment. We have started to grow a few herbs and natives with the aid of up-ended bottles of water. We love the country life but unfortunately have to earn a living, so until we can find an alternative to earn a crust apart from our electrical business, we will have to be content with spending only weekends on our block. We are interested in conservation and crafts such as spinning, painting, gardening, wood-working and breadmaking – the latter being failures until recently. We would be glad to hear from people in the Dergholm, Casterton, Penola areas. Also thankyou GR folk for an interesting and informative magazine.

Sylvia & Ian McKean
35 Tait Crescent
WARRNAMBOOL 3280.

Hi Readers,

I would like to know if there is anyone who knows of land for sale at a reasonable price. Queensland is where we would like the land but NT or NSW would be great. I would also like to know what herbs to plant to keep grasshoppers away from my tomato plant instead of using poisons. Please write.

Sharon Mangan
35 Queenscourt Road
ALEXANDRA HILLS 4161.

Dear Readers,

Would anyone have some idea of how to eradicate ti-tree without the use of chemicals as recommended by the Department of Agriculture? I would be most grateful for any ideas as I have had the land bulldozed of thick areas of large ti-tree and then slashed twice yearly, however there is constant regrowth. Goats do not seem to be enthusiastic about them. The area concerned is approximately 18 acres. Also, could someone tell me what 'Bermuda Grass' is as I cannot find any reference to same in the library and I have a large amount of seed.

Kerry Boden
88 Deaves Road
COORANBONG 2265.

Dear Fellow Readers,

I wish to start spinning and weaving and also producing the fibre myself. I have enough land to support at least 10-30 animals. I would really appreciate letters from fellow readers on opinions and experience, good or bad, which might help to sort out my animal worries. I am considering Cashmere goats, Angora goats and sheep (I don't know the breeds). I have also considered milking goats and cheese, but is there any demand? If you would prefer to talk in person drop a note with your phone number.

R. White
PO Box 56
BACCHUS MARSH 3340.

Dear GR and Readers,

I've been given a couple of copies of your publication and am very interested to note that so many people seem to be interested in the quality of life and the need to be creative individuals, with more to life than being swept along with technology and media pressures.

Being born on a dairy farm after the World War I I've seen a lot of changes. As a boy I knew only the kerosene lamp, the fuel stove and the copper and scrubbing board for washing (my mother's domain). A wind-up gramophone and a mouth organ were the only musical instruments we had in the home. The thrill of making a trip to Sydney in a steam train was an event talked about for weeks afterwards.

Right up till the mid fifties I was engaged in rural work on our little farm in the Gosford area, growing fruit and vegetables and nursery stock and selling on the roadside. I've always had an interest in growing things and we used horses for our farm power with a few house cows for milk and butter. Since marrying and rearing six children, I've been engaged in the public service in horticultural jobs. My present position is teaching horticulture at Wollongong with TAFE. Now I'm thinking of stepping aside from the competitive urban society as I've turned 60 and I am looking for a place where I can once more practise some of the things I learnt as a young man – not to be in a hurry to keep up with the latest developments and once more not give all my energies to paying the light bill, the phone bill, the rates, Hospital and Medical insurance and car registration, etc. Electricity is nice to have but I know how to live without it – town water is very nice also but I've lived half my life without it. So if there is anyone or a group who would like to contact me they are most welcome – I can offer my experience, my labour and my meagre resources.

Leonard H. Dodds
'Tara'
89 Fisher Street
OAK FLATS 2527.

Dear Grass Roots Readers,

We are a male and female couple (28 and 32 respectively), wanting to meet other couples interested in jointly buying land – hopefully within a year, and within 80-km radius of Adelaide. We think that there should be at least 20 acres per couple. Would other people with similar aspirations please write.

Nell and Louise
1A Clifton Street
MAYLANDS 5069.

Feedback Link-Up Feedback

Dear Grass Roots Family,

Some time ago I tried the tofu recipe given by the Coleman family (GR 29, p.77) which uses soya flour. Actually I made two attempts – both resulting in yuckie messes! However I've often used Antoinette Ralston's recipe (GR 29, same page). Many thanks Antoinette. The only thing wrong with this tofu is it just doesn't seem to 'keep' in this house! (It's gone in a whiff.)

Debbie Whitehouse (GR 34, p.14) advises that 'Lye is another name for caustic soda', but Debbie dear, this is only when referring to 'commercial lye'. Authentic lye, sometimes known as lye water, potash lye or caustic potash lye, is made from steeped wood ashes. It's very easy to make and very economical. Ideally a wooden barrel is best for superior quality lye but if you haven't one (and who has?) then use a large enamel or plastic bucket. Fill it with *pure* wood ashes (oak or apple ashes are the best) and add boiling water. The ashes will sink down so top up bucket again with more ashes. Stir well. Leave for a day or until liquid is clear. Carefully pour off liquid – this is your precious lye. If you can float an egg on it the strength is just right for soap making. Did you know that you can get perfectly clean without using soap at all? For grubby hands keep a small sprinkle jar filled with oatmeal flour near the hand basin. Sprinkle a little onto wet hands, rub until clean and rinse. A *dry* bristle brush scrub, all over, is marvellous before taking a bath or shower. There is also the herb bath bag treatment. A lovely way to get clean, silky skin. Take a new facecloth, cut in half. Fold in half and sew up two sides. Turn bag inside out so seams are inside. Now turn under about 1 cm of top edge and sew, leaving a small opening for a length of tape to pass round the top. When tape has been inserted, tie ends so that you have a neat little draw-string bag. Now fill with the following ingredients mixed well together: two tablespoons oatmeal or bran, a little chamomile, rosemary, lavender, or even your favourite potpourri and a drop of rose oil for extra splendour. If your skin is not too sensitive you may like to add some orris root powder too. The idea is to scrub body with this herb bag and gently squeeze it so that the cleansing 'milk' is released. After using the same mixture twice, discard it, thoroughly clean the bag and make a new lot.

**The Sweeneys
1 Ajax Street
BALLARAT 3350.**

Dear Readers,

Can anyone help? My three children have no grandparents and I am wondering if there is any lonely pensioner who would like to be classed as a grandparent to our children, Tracy 7, Jody 5, and Wayne 4. It would not involve much – just a letter or visit now and then. Hoping to have a reply soon.

**Alison Erskine
89 Bridges Street
PETERBOROUGH 5422.**

Dear Grass Roots,

Gary and I have at last bought 100 ha in the mountains in N-E Victoria and hope to settle there at the end of our contract at Yulara in two years time. We want to raise cattle and become as self-sufficient as possible. As the property is well treed we plan to do selective clearing and use the timber to build a log cabin. We wonder if any readers have done this and we will be interested to hear from them telling us the problems and successes experienced, also the types of trees used (ours are eucalypts). As the area is very isolated we are going to do as much as possible ourselves on the property as costs to the nearest town for kiln drying will be astronomical.

Has anyone used goats to clean up blackberries? We have heard of this method so hope some readers will let us know how they went about it, and what type of goat was used as we know nothing about goats.

**Leigh Way
C/-Post Office
Yulara Tourist Village
Ayers Rock
via ALICE SPRINGS 5750.**

Dear GR Friends,

Not many folk seem to write from WA? If there are any readers in my area I would love to meet with you for a chat over a cup of coffee. Give me a call. Hope you will excuse me if my conversation revolves around babies though, as I've recently produced a beautiful daughter and am wallowing in maternal pride. Anyone wishing to drop me a line or two about bringing up children the GR way would be much appreciated and, naturally, I'll reply to all.

**June Scott,
14 Durant Way
BRENTWOOD 6153.
Ph: 364-5715.**

Dear GR,

Because so many write to GR endeavouring to find a niche in a communal living arrangement, I think it is about time a directory was organised, thus I invite all those who wish to have their communes (urban or rural) or co-ops listed with me to write C/- Post Office, Great Western 3377. People who don't read GR are also invited to register their communes if you know of them. I wish to collate and publish as soon as possible so prompt responses would be appreciated. Please do *not* write if you are a lone person in search of a commune; I can't help you yet! Where appropriate give me the following information:

- name, address, contact person/place, co-op or commune
- aims and objectives
- basic organisation, activities, philosophy
- prerequisites for members/visitors (age, cash, beliefs, etc.)
- whether the community is 'open' or 'closed' i.e. part of the society at large or mainly divorced from it, and if new members/visitors are taken
- any other relevant information e.g. pets accepted, dope smokers banned.

A directory will not be possible unless I have a good response so please write soon.



**'Communes & Co-ops'
C/- Post Office
GREAT WESTERN 3377.**

Dear Grass Roots,

Does anyone have a recipe for plum jam without sugar?

**J. McNaughton,
'Steweath Dale',
Hume Highway,
SUTTON FOREST 2577.**

Dear Readers,

Are there any fruitarians out there (of more that two years experience) who would care to contact me?

**Murray Norgate
PO Box 45
NEWTOWN 2042.**

Hi Grass Roots Fans,

I'm living in the central west of NSW and I wonder if there are any people out this way who read GR and have discovered an alternate lifestyle. Perhaps there are young people who would be interested in sharing with a lonely 22-year old gal, who reads and treasures GR. I have read only two copies and already I am hooked. All I need now is someone to share it with. How about it all you guys 'n' gals. Aren't there any GR fans in the central west? I'd love to write to you and maybe meet someday. I haven't experienced an alternate lifestyle but am very interested and willing to try. I'm just waiting for someone to share the experience with. After all, wasn't life meant for sharing? Anyone want to give it a go?

**Christine Stuckings
'Kla-Ora'
ALBERT 2873.**

Feedback Link-Up Feedback

Dear All,

Does anyone know where I can contact Gayle and Phillip Heronhunter previously of Moorooduc, Victoria. I have been unable to contact them at this address. They were going to buy land at 1770 in Qld and sell on a share basis and were taking deposits.

**Ruth Adams
11 Connell Street,
TOOWOOMBA 4350.**

Dear Grass Roots,

As an aspiring fruitarian, I would like to hear experiences of others heading this way and even more hopefully, of those who have entered into that other 'state'. Over the last 5 years I have gradually moved from an everyday non-selective omnivore through all phases of vegetarianism beginning with the belief that there was goodness in everything 'natural'. The most radical change came when I discovered that the principles of optimum health – proper diet, clean air, pure water, sunlight and exercise – brought about maximum health only after the body was cleansed of all former abuses through sickness (healing). So eliminating cooked and heavy protein foods, and relying more on fresh fruit, sprouts and salad food, I passed without any conflicts into this phase. Since, I have experienced occasional healing crisis, all handled by fasting during fever or intense discomfort returning via juices to eating. Also at this turning point I ceased using shampoo, soap, toothpaste and all the other unnecessary evils of modern society.

My diet is now fresh fruit, (I am fortunate to be living on a 'fruit salad' block in SA's Riverland, thus being guaranteed tree-fresh fruit all year with my own naturally dried stone and vine fruits to us in spring/summer when citrus are finished and summer fruits are yet unavailable), sprouts, leaning more towards seeds; any vegetables that may be eaten without cooking or doctoring. In winter baked and steamed vegetables are included occasionally; rice and other grains but seldom pulses. Occasionally included are kelp, wakame, hiziki, tahini, tofu, raw olive oil and home-made sauerkraut. Bread, usually home-made, sourdough rye bread and Ryvita biscuits. My only downfall is dairy products. After many 'dry' spells I still return to using butter, soft cheese and occasionally cream.

I have many times, especially during grape season, gone fruitarian, but after a couple of weeks I am glad to return to a more varied diet. Why can't I take this final step after coming so close? What is the magical mental requisite? I would like to hear from anyone who has achieved fruitarianism – most people I meet, once informed of my diet, find it extremely 'fanatical'. I've never heard of anyone who is as 'strict' as I am. I would love to contact anyone with like aspiration. Benefits already achieved aside from better health are a strong clear singing voice, improvement in skin and hair condition, and most importantly (as a woman) almost ceased menses (re-introduction of dairy products brings about a re-occurrence. Well, with the cards on the table I hope someone can read where I'm going wrong.

**Pauline
C/- Box 97
BARMERA 5345.**

Dear Grass Roots,

We are a family of 4 (daughters aged 9 and 12) who would love to move to Australia and become involved in some small business or farming project. We are hardworking town dwellers who love the country and would undertake a full share of the work given the opportunity. We would, ideally, like something with housing available as this would make the move, immigration authorities willing, much easier. We have some capital and would like to hear from someone who may have an opportunity to offer.

**Kevin & Gladys Cook
8 Woodstock Road
Gateshead NE9 7TS
Tyne & Wear
ENGLAND.**

Dear Readers,

I have a problem. I have been spinning for a number of years now but have only recently started spinning some fleece shorn from my own sheep (newly purchased Merino/Border Leicester cross). I have developed a chronic skin irritation similar to intensive mozzie bites (extremely itchy) and have had eruptions in three different areas. Doctors are puzzled and the treatments so far have been cortizone cream, oral antihistamines, pinetarsol, calamine, oral antibiotics, and I have even been treated for scabies, but nothing with any lasting effect. We are relating outbreaks to times when I have handled this fleece. I have never been allergic to anything before. Does anyone know of any other incidents of this kind? We want to know if it could be sheep mite or chemicals applied to sheep through sprays or dip. Any information would be gratefully received.

**Madeleine Willingham
701 Mount Dandenong Road
KILSYTH
Ph: 03-728-5628.**

Dear Friends,

Surely there must be, somewhere in Australia, a lady who would like to share my life with me. All the ladies I know regard my interest in self-sufficiency as something weird. I'm working for that day in November 1985, when my superannuation cheque comes in and I can buy 10 acres of land and live in peace and harmony with the world. I am 26 years old, blue eyes, a little on the plump side. I don't smoke, take drugs or drink much. I am also interested in reading, cooking and I play a mean game of backgammon. I am looking for a lady who has a compatible interest in self-sufficiency. I don't mind if she has children.

To Lola Wilson at Kingsthorpe – orris root powder is the ground rhizomes of a species of iris, namely *Iris florentian*.

**Richard Betteridge
3 Warren Road
PARA HILLS WEST 5096.**

Dear GR Folk,

I have been very interested in living a lot closer to nature for a few years now but I'm still in the stinking city. Well, now is the time to get out. I would really like to hear from people living in communities in northern NSW and maybe arrange a visit with them as I get holidays soon and would like to put them to good use. I am a hard worker and have had some rural experience on my uncle's farm so I am not totally ignorant. I would also like to hear from GR-minded people in the Manly area or anywhere. All letters would be much appreciated. I am 19 years old if that is of any consequence.

**Gordon Mills
15/50 Crown Road
QUEENSLIFF 2096.**

Dear People,

Can someone please tell us what electrical things you can buy that work on 12 volts or 24 volts?

**Lorraine and Gordon Chadburne
Lot 1 1005
Ramsay Road
ROSSMORE 2171.**

Dear Readers,

To Helen French and others who talk of using borax, especially around babies, *please don't*. The borax gets into the nervous system and gradually destroys it. Borax is *supposed* to be bought only through a chemist on prescription but unfortunately this is not always the case.

Re warts: these can be temporarily killed by fig leaf juice but they will return within their 2-year cycle. Warts that are causing no actual impediment should be left alone and you will find, in the majority of cases, that they disappear by themselves.

**Jenny Yates
PS 1197
YANDINA 4561.**

Feedback Link-Up Feedback

Dear GR Folk,

Would anyone know where I can obtain the seeds of the plant *Arnica* or *Arnica montana*? I have tried several nurseries only to be met with a, 'Sorry. We can't get it in. . .'. Also I'm searching for any information on early Celtic herblore and the medieval uses of herbs.

For Rick and Anne Bailey (GR 34 p. 15) regarding their herb garden. Just make sure that you leave space for them to grow – it's too easy to let the plants go from ordered pleasure to jungle tangles (and to hear mutterings of ' . . . I know we planted some rosemary here somewhere . . .'). Good ones to start off with would be: balm, basil, lavender, rosemary, garlic, thyme, sage, tarragon, mints, savory, comfrey, tansy, rue, nasturtium and parsley. Also a few books such as Culpepers or Cribb are invaluable.

Allison Cowling
1 Gillman Street
HAWTHORNE 3123.

Dear Readers,

I am interested in cashew nuts but know nothing about them. Are they a tree or ground nut? How long before they reach fruit stage? Can I purchase a cashew nut tree anywhere in Australia? What type of climate and soil conditions do they like? Are they highly susceptible to disease?

Also has anybody bought an older house and had it transported to another location? What was required to make it comfortable to live in after transportation? What are the pitfalls and roughly the cost? Any information would be appreciated.

Sue Carr
670 Kingston Road
LOGANLEA 4204.

Dear Grass Roots,

We have bought a 26 ha property 2.8 km from Nimbin, zoned for multiple occupancy and would like to sell shares to people interested in being part of a small community. We want to live more closely than just good neighbours with others so as to grow more as individuals as a process of the caring and conflict communal interaction will bring.

We want a stable community and so are looking for people who own and take responsibility for the life circumstances they have chosen and created around themselves, rather than people who see themselves as victims of other people's choices or of circumstances. We see interpersonal interactions, both love and conflict as ourselves creating opportunity for personal growth, and would like to share with others who have a preparedness to confront themselves and each other with our issues and conflicts, rather than looking for 'who is to blame'. Open, caring, undefensive people (or people willing to look at their defences) are those with whom we want to share.

We are: John 36, District Officer (Y&CS), Irene 36, teacher and portrait artist, Kahlil 13 (horses and riding), Cara 10 (skating and drawing) – four Heringtons; Pixie Parkin 38, peasant, Sally Parkin 9 (gymnastics, magic and logic); Katy Donald 39, writer and craftswoman.

Moondani Hamlet
Falls Road
NIMBIN 2480.
Ph: 066-891-287.



Dear Grass Roots,

Thank you so much for your fantastic magazine. We have learned so much from it. We have every issue except 6, 7 and 8 which are out of print. If anybody has any spare copies of these to sell or knows where we can get them, we would be very grateful, as they would complete our collection.

A hint about turkey raising – we have found that if the young turkey poults are kept locked up completely for the first 9 weeks, none are lost. This is about the time that their head and neck starts to turn red, and we use this as a sign to start letting them run, locking them up only at night.

Chopped boiled eggs and greens are excellent for the young poults.

We have a few carob trees growing on our property and we're wondering if anybody could tell us at what stage the bean should be picked for eating or grinding. We would be pleased to receive any information about carob and its uses.

Arthur and Elva Hiscoc
'Prospect Park'
OAKLEY 4401.

Dear Grass Roots People,

In the last issue Lola Wilson (Kingsthorpe, Qld) asked about orris root. In case others are wondering, it is the dried and powdered root of the Florentine Iris, but I have never seen the plants for sale – perhaps they don't have nice flowers. Maybe someone knows if the roots of other iris can be used in the same way. I have bearded iris growing which have perfumed flowers and when they have multiplied enough I'll dry some roots to see if they smell like orris powder.

Has anyone had any success crystalising violets or borage flowers? I tried painting them with egg white and sprinkling with powdered sugar, then drying in a slow oven but it was so tedious and they turned out gooey purple blobs. I would also be pleased if someone could give me a reliable recipe for rhubarb wine (another of my failures) which does not need special equipment.

I seem to have a lot of requests and not much to offer in return, like Ian Mason (GR 34, p. 11) I am only up to 'Grass Stalks' lifestyle. We like our house on our ¼ acre and don't want to be farmers. We grow vegetables and lots of fruit, but our only animals are two cats and an Afghan hound. I sew a lot and enjoy other crafts; we bottle fruit and make hams and sauces but that is about as self-sufficient as we want to be. To me, owning a farm is not a *better* lifestyle than living in a town and working for a salary – it's just a *different* one. My family has chosen to live this way and we enjoy our life fully.

Good luck to all, whatever life they choose. Don't feel you aren't 'committed' if you don't reject suburbia and a salary.

Jan Griffin,
31 Hakea Crescent
BUNBURY 6230.

Dear Grass Roots,

In reply to the enquiry about an 'orris' plant – there is no such thing! Orris root powder comes from the common purple, mauve or white garden iris – *Iris germanica* or *I. florentina*. You can make your own orris root powder by drying the roots of this plant – dig them up, wash and scrub and cut off any hair roots. Cut lengthwise into slivers about ½ in wide and dry on screens or in a warm oven with the door slightly ajar. To test for dryness, bend a sliver – if it cracks and breaks, it's dry; if it only bends, it is still moist. After drying, rub through a fine grater or put through a blender. Jar and store till ready for use. This information comes from Dorothy Hall's *The Book of Herbs* – an excellent book.

Kerrie Bowles
RMB Pacific Highway
COWPER 2460.

Dear Readers,

Late fifties, semi-retired and having lately sold our SA city home (with the intention of going 'walkabout') we were fortunately introduced to *Grass Roots* Nos. 33 and 34. The enthusiasm, hope and sense of fulfilment that pervaded each article and letter was so stimulating as to cause us to reconsider our future plans. We now wish to purchase 1 or 2 acres of good fertile land with permanent water and a small house (with SEC and toilet) within reasonable driving distance of a medium-sized town. As our knowledge of Victoria, NSW and Queensland is minimal only, we would greatly appreciate any correspondence that will 'point us in the right direction', or details of any pertinent literature. We will reply to all letters.

Jack & Irene Smith
2/86 Strathalbyn Street
EAST KEW 3102.



gumnut gossip

Meg Miller

Letters have been coming in from all over Australia for the past month saying, 'Are you still there? Hope you haven't been affected by the fires, and tell us, are all the GR readers whose names and addresses appear in Feedback and the Unclassifieds all right?' Yes, we are still here and no, we haven't been affected by the fires — I doubt if there is enough combustible material around here to feed a fire. Slowly we are receiving word from readers in fire-affected areas telling us that they're fine although they did lose everything, or that the house is gone but the poultry sheds under the deciduous trees, complete with inhabitants, are still standing, or that they managed to save the house but have a few nasty burns for their trouble.

We've had many enquiries too about Kenneth Hudson, whose prophetic letter concerning the possibility of devastating fires in Upper Beaconsfield appeared in GR No. 35, p. 96. Kenneth, although shocked, has survived the fire and will share with us some of his knowledge and wisdom in a later issue of *Grass Roots*. In fact we are negotiating with several other firefighters and advisers for articles which will inform and direct us on protective measures for summer 83-84. If you have ideas or experience in this field please write in and share them — on a subject of such critical importance as this every snippet of information counts.

We have all felt shocked and sickened by the magnitude of this summer's fires and even as this autumn issue goes to press parts of Sydney and the east coast of Victoria are still under attack. Our sympathy goes out to those who have lost loved ones and to those who have suffered losses of property and livestock. As a family we should pitch in and help one another. Most people have already been involved in local collections of money and emergency provisions, but there is another way in which we can help, and at a time when mainstream support starts to dwindle.

As people start to rebuild their houses and their lives they begin to realise just how many little things are not going to be covered by insurance, are no longer available in their area or were originally obtained through exchange with like-minded

friends. On p. 74 of this issue I have suggested that *Grass Roots* should run two columns; one of 'Give Aways' for those with bits and pieces they would like to share, and one for fire-affected folk to list some of their needs in. Even objects as simple as nails or screws or even knitting needles and patterns are often much appreciated. Please read p. 74 and see if there is something you can share or do.

We have received several requests this month and hope there is someone out there who can help. A reader from WA is eager to find a source or maker of ornate butter pats. Does anyone in Australia make them? Another reader must abstain from wheat, corn and milk products because of health problems and is seeking recipes based upon rice. She finds rice flour too expensive to buy and has been using rice as a whole grain. Finally a family from Maryborough (Qld) asks if it would be possible to have articles on baby/children issues and in particular problems like teething, toilet training and so on. Well, parents?

We are seeking two addresses this issue please T. Mitras, we have several letters waiting for you here, and Peter and Julie Verhey (Unclass. No. 34), we would like to contact you.

Regular reader Jo Ghirardello of Silvan, Vic. has a request for all readers. Last year she negotiated to buy a packsaddle from a fellow reader, sent on the money and has not heard from him since. Michael Downs (formerly of North Rockhampton) can you contact Jo immediately, she is distraught over your failure to contact her and send on the saddle. Can anyone help with information on Michael?

We had hoped this issue to include the latest index but with one or two technical hitches at the last moment we have had to leave it for the next issue. No. 37 will have a woolcraft feature of special interest for those who knit and spin and also a section on the lowly of lowlies, the battery hen.

Lastly, thank you all for the interest you have shown in the plight of our 'firestruck' fellow readers — your concern and support I'm sure is much appreciated. Now let us translate it into action.

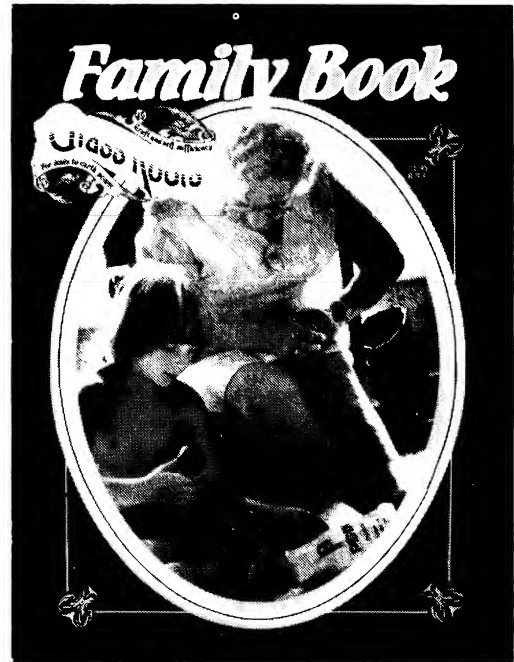
NIGHT OWL PUBLICATIONS

THE GRASS ROOTS FAMILY BOOK

The Grass Roots Family Book is a celebration of the unique bond shared by the diverse readers of this back-to-basics magazine. It is a collection of readers' stories of how they have welded the new and the old together to forge something unique and personally satisfying in a world that for many is changing far too quickly. Many feel trampled by progress, isolated or redundant through unemployment, and others simply feel they just cannot keep up the pace. Each has something to offer, something unique from which we can all learn and their openness is touching and inspiring.

The Family Book may point you in a different direction, show you how you can change your family structure for the better or remind you of the values you hold dear that are too seldom expressed. Regardless, it is a book of life's adventure, to be read for the wisdom, the joy, the sorrow, and for the very vibrance of life itself radiating from every page.

Price \$6.50 includes post and packing.



DAVID STEPHEN'S ORGANIC GARDENING CALENDAR



There is still a small number of David Stephen's Organic Gardening Calendars left but you will have to be quick if you want one. The Calendar combines a vegetable sowing guide with hints and information on organic gardening practices, phases of the moon for moon planting, and unique historical illustrations of the various vegetable varieties.

The Calendar is a must for keen gardeners for it not only contains a wealth of practical information but also has ample space for jotting down daily gardening activities. This 'diary' thus becomes an invaluable reference for planning and planting in subsequent years. This is David's fourth Organic Gardening Calendar and like its predecessors is one you will want to keep in your gardening library for future use.

Price \$3.50 includes post and packing.

BOX 900, SHEPPARTON 3630.

